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30 idées pour cuisiner viandes, légumes, poissons et fruits en papillote de façon saine et gourmande. Avec les moules en silicone qui permettent une cuisine à l'étouffée facile, rapide et sans apport de matières grasses, toutes les saveurs sont préservées : cabillaud aux petits légumes, filet mignon aux agrumes, pommes et noix de pécan croustillantes... tout devient simple et délicieux.

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Author	:	Collectif
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