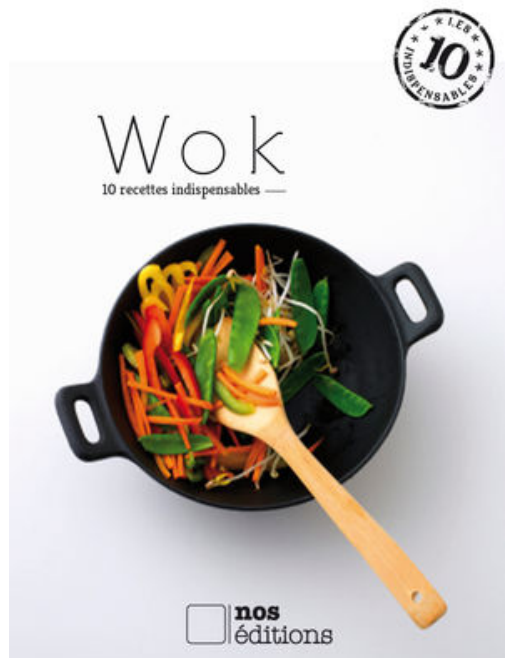


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En quelques années, le wok a fait son entrée dans nos cuisines et nous a séduit par sa facilité d'utilisation. Le wok nous a permis de découvrir ou redécouvrir les saveurs asiatiques, mais surtout un mode de cuisson sain.

Le temps d'un repas, oubliez les plats en sauce et savourez des légumes croquants, pleins de vitamines, ou encore des viandes saisies à point. Parcourez en 10 recettes les parfums les plus exaltants de la cuisine asiatique et devenez un pro du wok et des baguettes.

Faites le plein de couleurs et de saveurs avec le wok !

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