

RECETAS DE VERANO

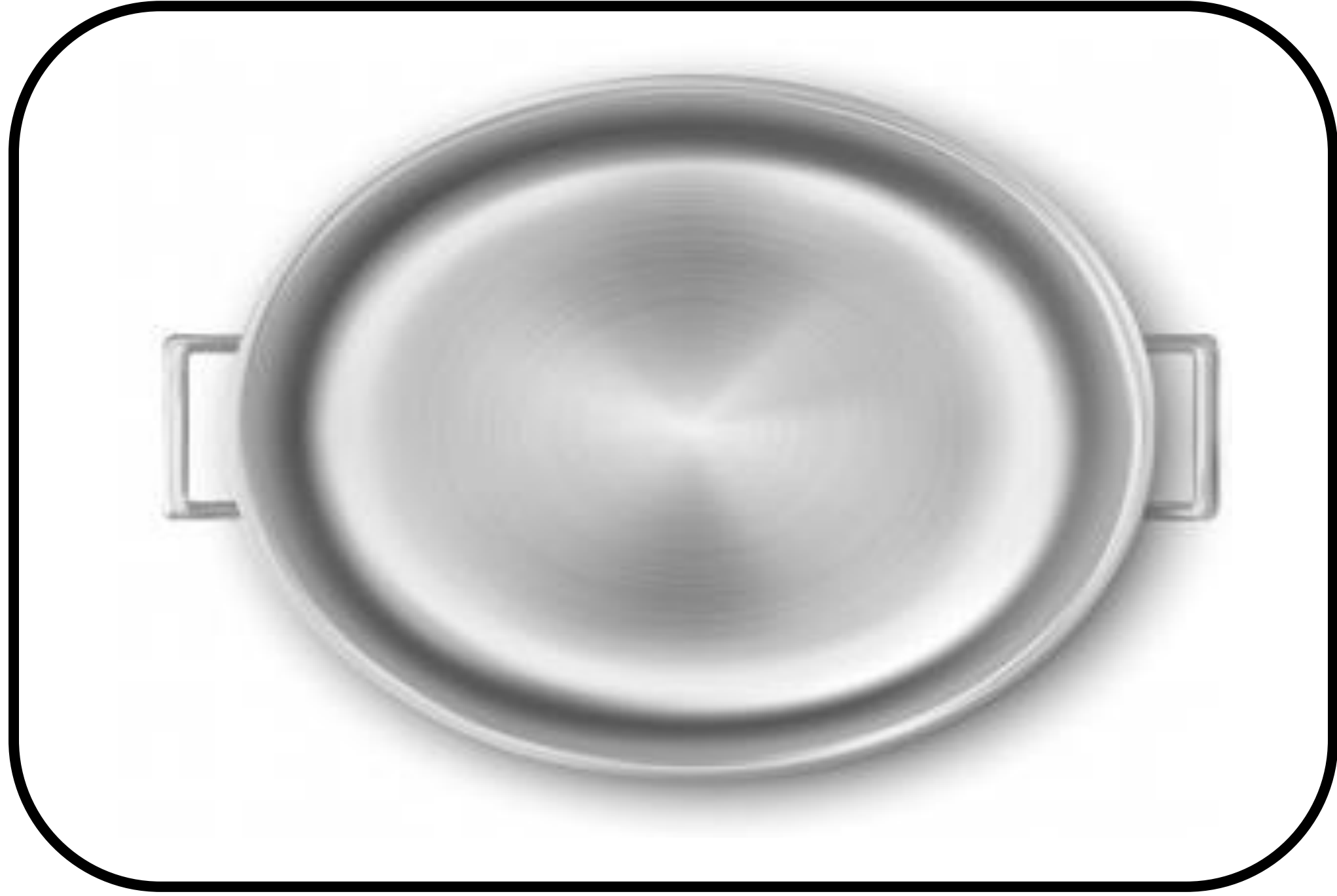


Material realitzat per @maronadecolors

RECETAS



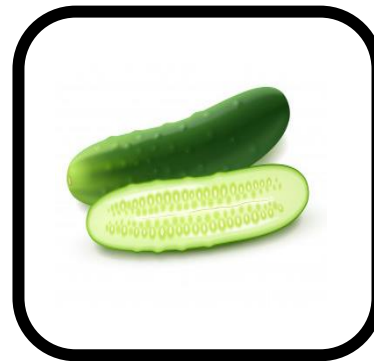
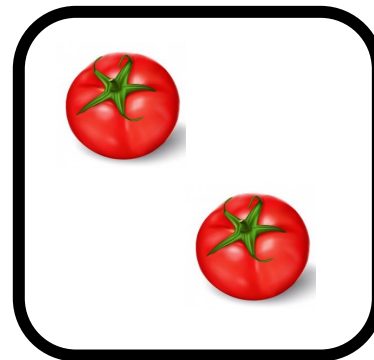
Material realitzat per @maronadecolors



Artista: Mariona

INGREDIENTES PARA HACER UN GAZPACHO

- TOMATES
- AJOS
- PIMIENTO VERDE
- CEBOLLA
- PEPINO
- VINAGRE
- SAL
- ACEITE DE OLIVA
- AGUA



AGUA

PEPINO

TOMATES

VINAGRE

AJOS

SAL

CEBOLLA

ACEITE DE
OLIVA

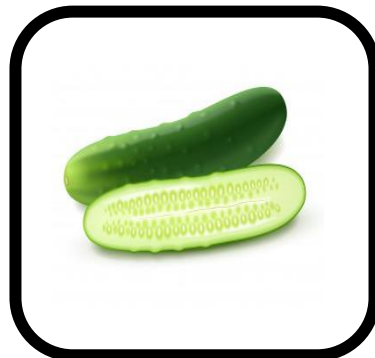
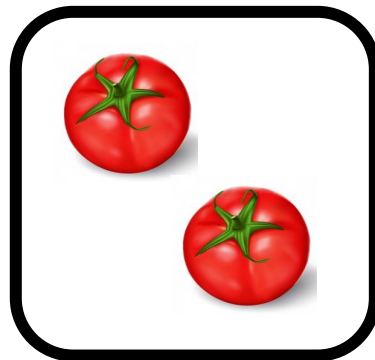
PIMIENTO
VERDE

GAZPACHO



Ingredientes para hacer un gazpacho

- Tomates
- Ajos
- Pimiento verde
- Cebolla
- Pepino
- Vinagre
- Sal
- Oil de oliva
- Agua



Agua

Pepino

Tomates

Vinagre

Ajos

Sal

Cebolla

Oceite de oliva

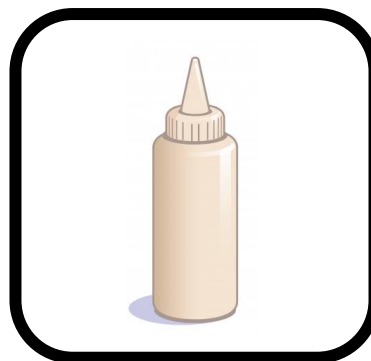
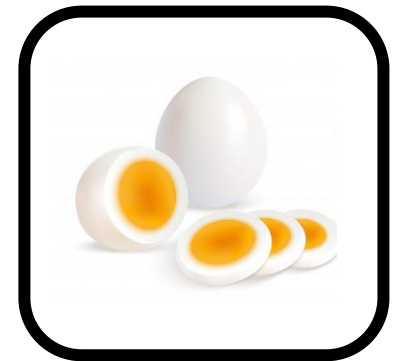
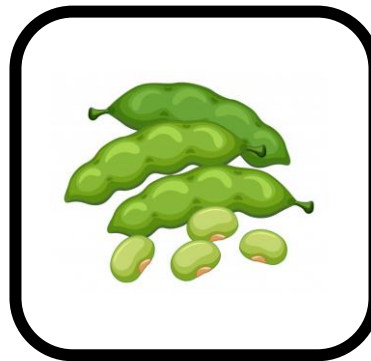
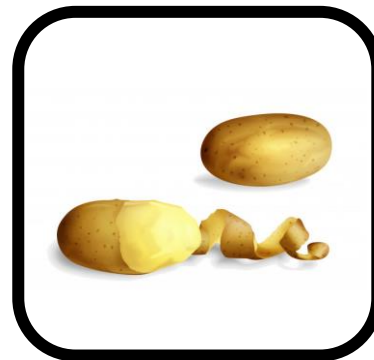
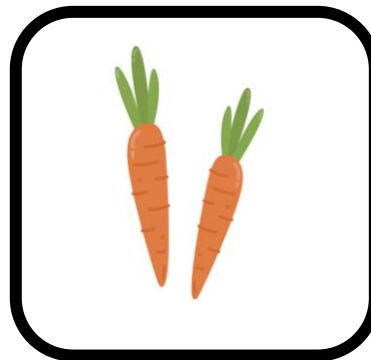
Pimienta verde

Gazpacho



INGREDIENTES PARA HACER ENSALADILLA RUSA

- AGUA
- ZANAHORIA
- PATATA
- GUISANTES
- JUDÍAS VERDES
- ATÚN
- HUEVO DURO
- SAL
- ACEITE DE OLIVA
- MAYONESA



AGUA

ATÚN

ZANAHORIA

HUEVO DURO

PATATA

MAYONESA

GUISANTES

SAL

JUDIÁS
VERDES

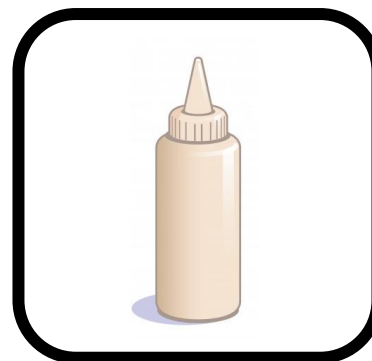
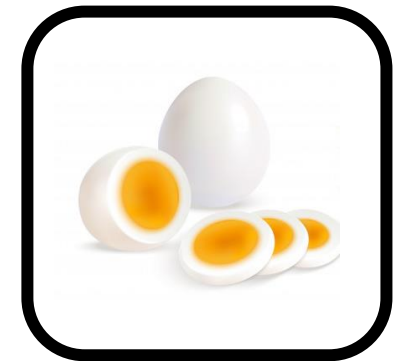
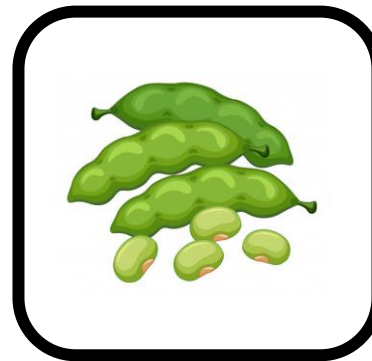
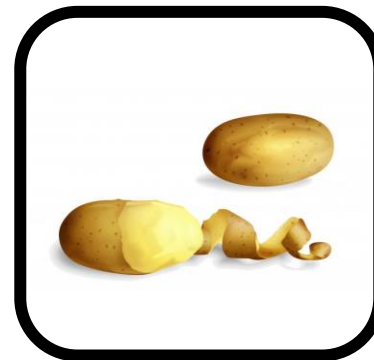
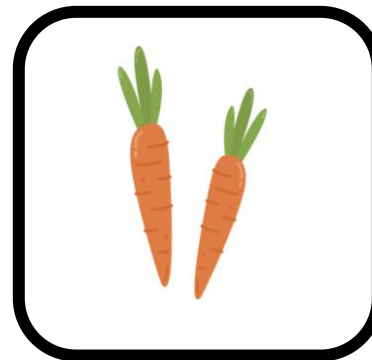
ACEITE DE
OLIVA

ENSALADILLA



Ingredientes para hacer ensaladilla rusa

- Agua
- Zanahoria
- Patata
- Guisantes
- Atún
- Huevo duro
- Sal
- Aceite de oliva
- Mayonesa



Agua

Atún

Zanahoria

Huevo duro

Patata

Mayonesa

Guisantes

Sal

Judías verdes

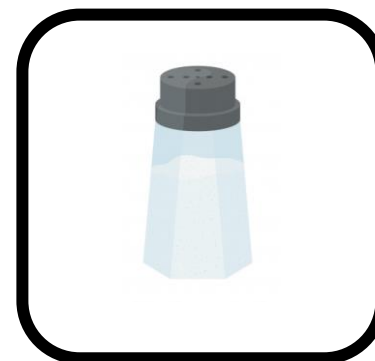
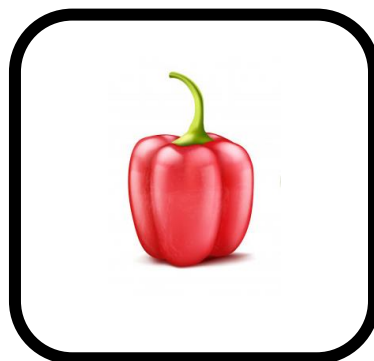
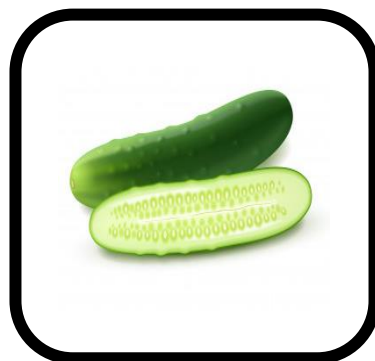
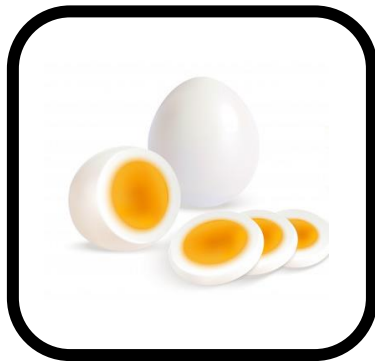
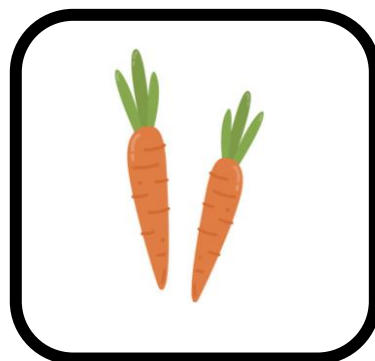
Aceite de
oliva

Ensaladilla



INGREDIENTES PARA HACER UNA ENSALADA VERDE

- LECHUGA
- TOMATE
- CEBOLLA
- ZANAHORIA
- HUEVO DURO
- PEPINO
- PIMIENTO ROJO
- SAL
- ACEITE DE OLIVA
- VINAGRE



LECHUGA

PIMIENTO ROJO

ZANAHORIA

VINAGRE

TOMATE

SAL

CEBOLLA

ACEITE DE
OLIVA

HUEVO DURO

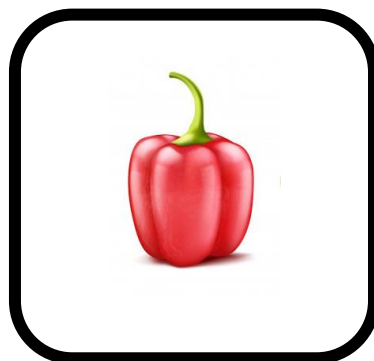
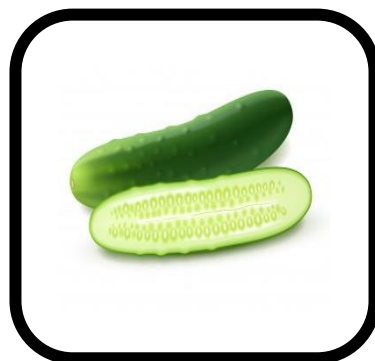
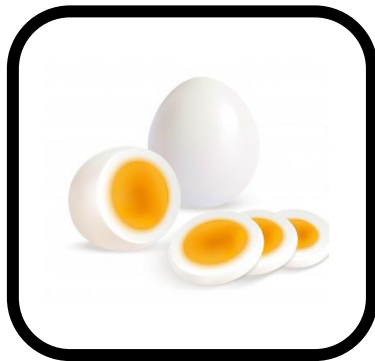
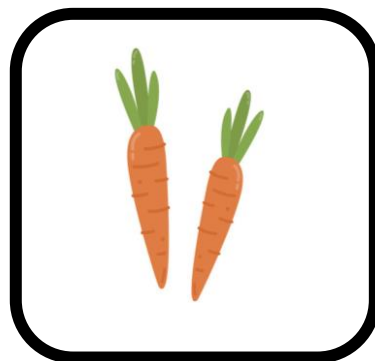
ENSALADA
VERDE

PEPINO



Ingredientes para hacer una ensalada verde

- Lechuga
- Tomate
- Cebolla
- Zanahoria
- Huevo duro
- Pepino
- Pimiento rojo
- Sal
- Aceite de oliva
- Vinagre



Lechuga

Pimiento rojo

Zanahoria

Vinagre

Tomate

Sal

Cebolla

Aceite de oliva

Huevo duro

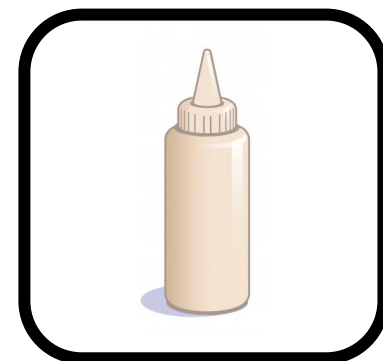
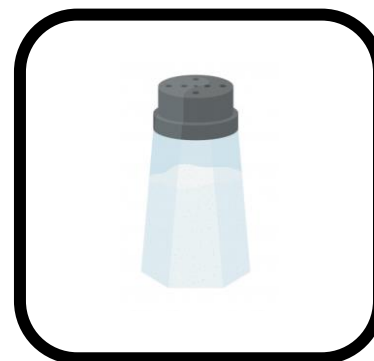
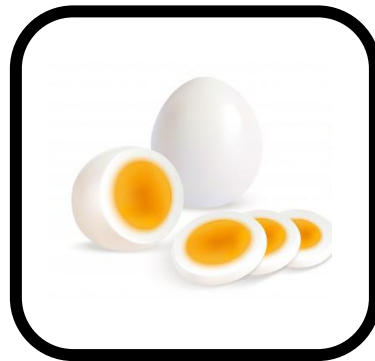
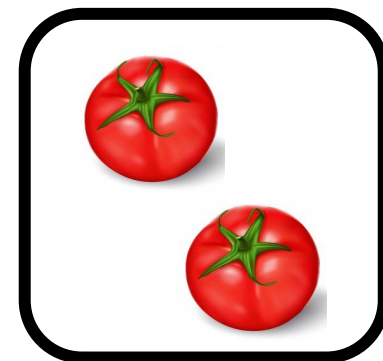
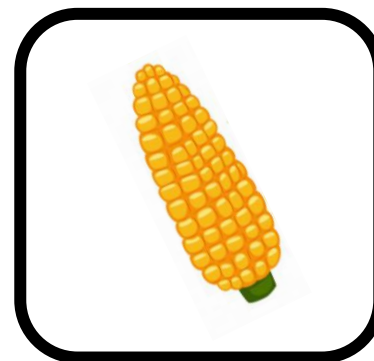
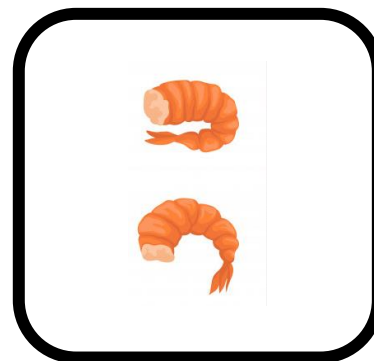
Ensalada verde

Pepino



INGREDIENTES PARA HACER UNA ENSALADA DE ARROZ

- ARROZ
- GAMBA
- MAÍZ
- TOMATE
- HUEVO DURO
- ACEITUNAS NEGRAS
- SAL
- ACEITE DE OLIVA
- SALSA ROSA



ARROZ

SALSA ROSA

GAMBA

SAL

MAÍZ

ACEITE DE
OLIVA

TOMATE

ENSALADA DE
ARROZ

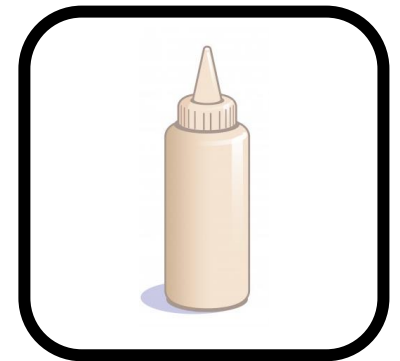
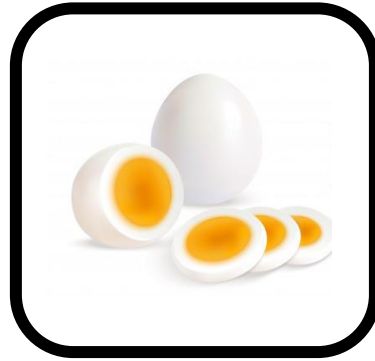
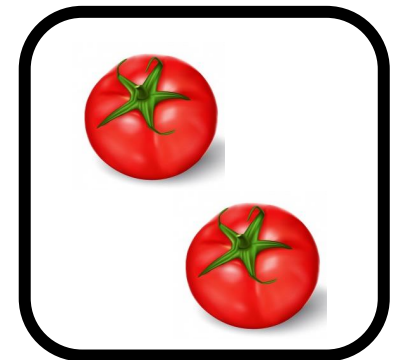
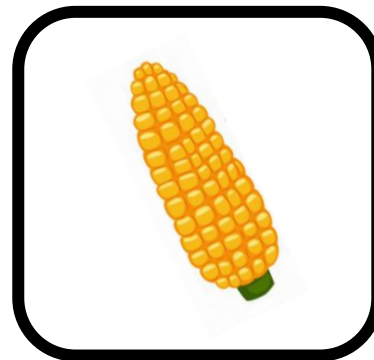
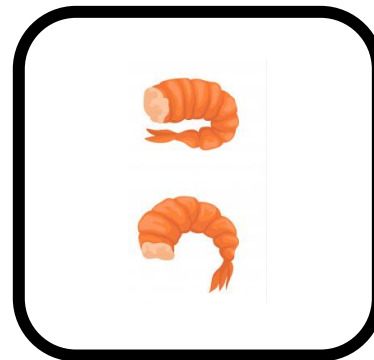
HUEVO DURO

ACEITUNAS
NEGRAS



Ingredientes para hacer una ensalada de arroz

- Arroz
- Gamba
- Maíz
- Tomate
- Huevo duro
- Aceitunas negras
- Sal
- Aceite de oliva
- Salsa rosa



Arroz

Salsa rosa

Gamba

Sal

Maíz

Aceite de oliva

Tomate

Ensalada de
arroz

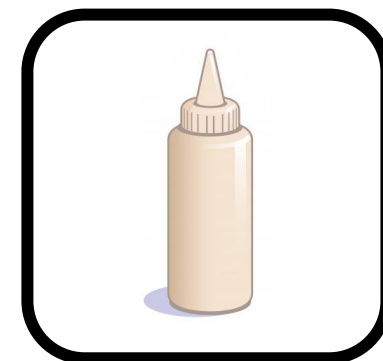
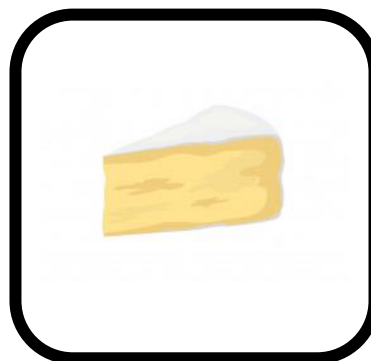
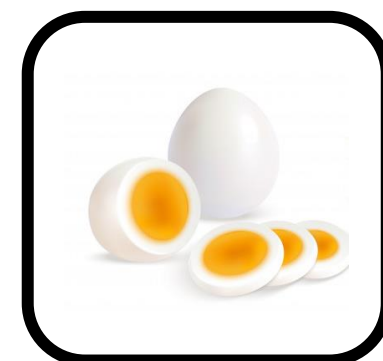
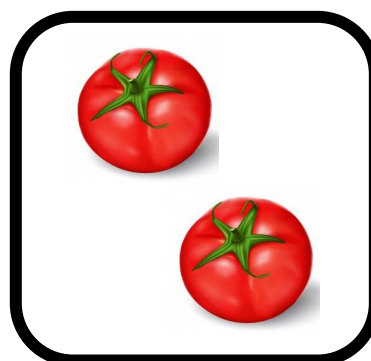
Huevo duro

Aceitunas
negras



INGREDIENTES PARA HACER UNA ENSALADA DE PASTA

- PASTA
- TOMATE
- ATÚN
- HUEVO DURO
- ACEITUNAS VERDES
- QUESO
- SAL
- ACEITE DE OLIVA
- SALSA ROSA



PASTA

SALSA ROSA

ATÚN

SAL

QUESO

ACEITE DE
OLIVA

TOMATE

ENSALADA DE
PASTA

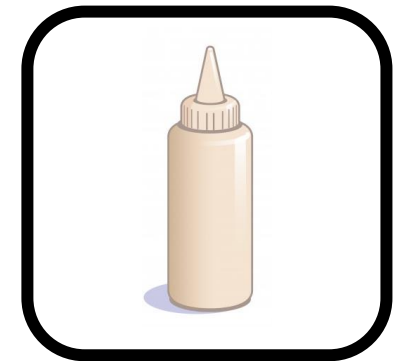
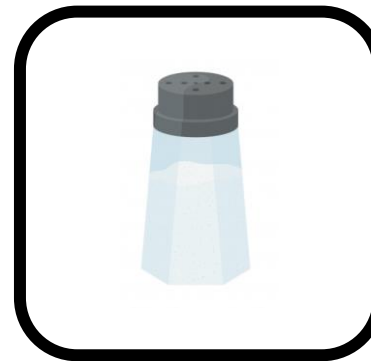
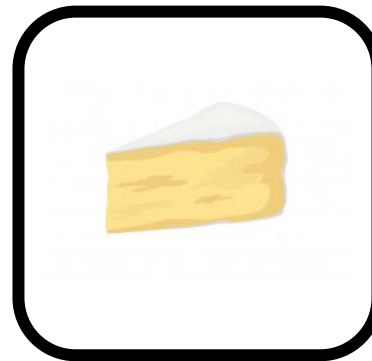
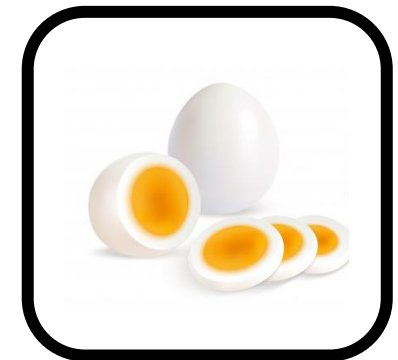
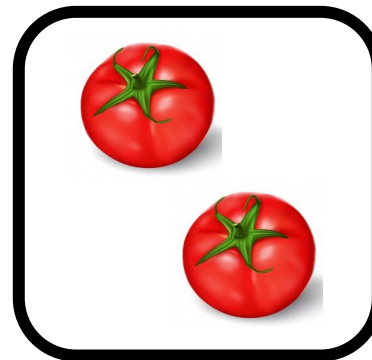
HUEVO DURO

ACEITUNAS
VERDES



Ingredientes para hacer una ensalada de pasta

- Pasta
- Tomate
- Atún
- Huevo duro
- Aceitunas verdes
- Queso
- Sal
- Aceite de oliva
- Salsa rosa



Pasta

Salsa rosa

Atún

Sal

Queso

Aceite de
oliva

Tomate

Ensalada de
pasta

Huevo duro

Aceitunas
verdes

