



Blitzrezepte vegetarisch: Schnelle Gerichte ohne Fleisch (German Edition)

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Tierisch gut und blitzschnell kochen ohne Fleisch

Wer kennt das nicht? Man ist ständig in Eile, hat weder Zeit noch Lust, allzu lange in der Küche zu stehen, und möchte trotzdem möglichst schnell etwas Gesundes auf den Tisch zaubern. Unsere blitzschnellen vegetarischen Rezepte bringen die Lösung, denn in nur 30 Minuten steht das Essen auf dem Tisch. Ob Kartoffel-Gemüserösti mit Joghurt-Dip, Nudeln mit Gorgonzola-Brokkoli-Sauce, Kartoffel-Zwiebel-Curry oder Gemüsepfanne mit Creme fraîche - hier findet man jede Menge toller Ideen zum schnellen Kochen, Zeitsparen und gesunden Genießen.

- Über 100 Klassiker und Trendrezepte für blitzschnelle vegetarische Gerichte
- Alle Rezepte mit anschaulicher Schritt-für-Schritt-Anleitung und Foto
- Für Anfänger und Fortgeschrittene

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