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le premier N° recette ESPAGNOLE

N° 1 AIGUILLETES DE POULET À LA CATALANE

? **Type de plat** :Plat principal

? **Note de la recette** : 4/5

? **Difficulté** Facile ? **Coût de la recette** Bon marché ? **Temps de préparation** 15 min

? **Temps de cuisson** 10 min ? **Calories** :Moyen

? **Pays** :Espagne

Ingrédients pour 4 personnes

- 4 blancs de poulet
- 1 petit poivron rouge
- 80 g de chorizo
- 1 cuil. à café de piment doux (ou de paprika)
- 3 cuil. à soupe d'huile
- sel, poivre

Étapes de préparation

1 Coupez le poulet en aiguillettes. Épépinez et coupez le poivron en petits dés. Taillez le chorizo en dés. Mélangez le poivron, le chorizo et le piment doux.

2 Huilez les aiguillettes. Salez, poivrez et tournez les dans le mélange de poivron et chorizo en appuyant pour faire adhérer.

3 Faites chauffer le reste d'huile CUISINE DU MONDE (French Edition) dans une poêle et mettez à cuire les aiguillettes de poulet 5 à 6 min à feu moyen en CUISINE DU MONDE (French Edition) les retournant. Servez les accompagnées de maïs doux.

N°2 BEIGNETS DE SARDINE

? **Type de plat** :Entrée

? **Difficulté** Facile

? **Coût de la recette** Bon marché

? **Temps de préparation** 15 min

? **Temps de cuisson** 15 min

? **Calories** :Élevé

? **Pays** :Es pagne

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