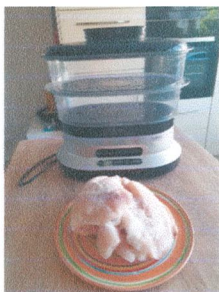


Ryba v páře

s

bramborovou kaší a zeleninou

seznam:



na rybu



na bramborovou kaši



na zeleninu

recept

1.



2 hrnce s vodou

2.



osolit

3.



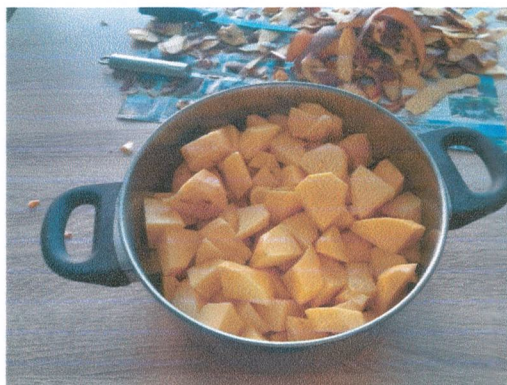
nechat vařit do měkka

4.



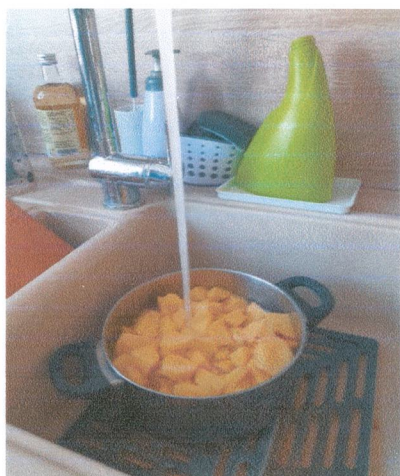
oškrábat brambory

5.



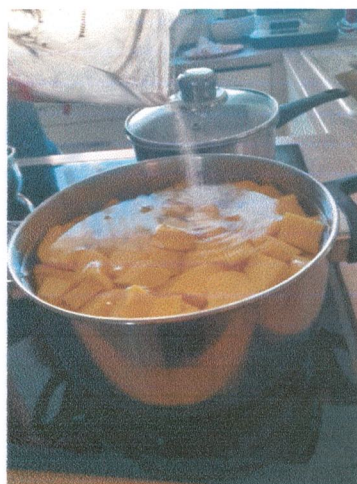
rozkrojit na kostičky

6.



umýt je

7.



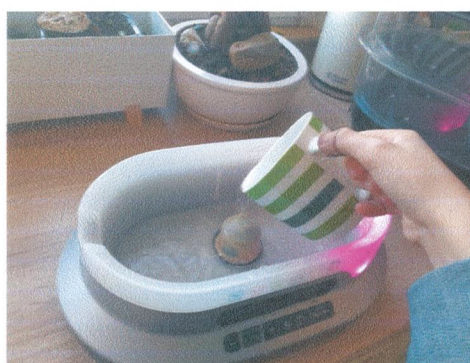
osolit a vařit je do měkka

8.



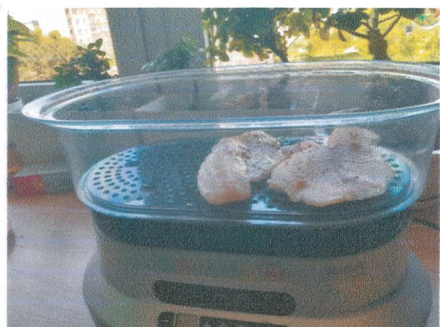
okořenit rybu (tilápie)

9.



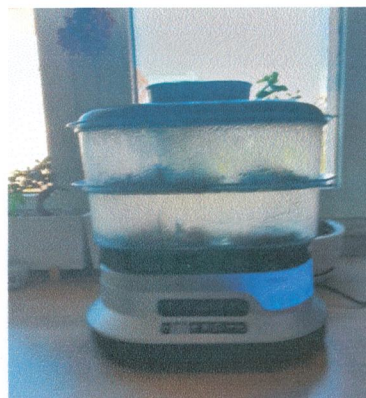
nalít hrnek vody do parního hrnce

10.



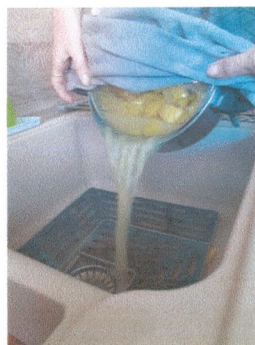
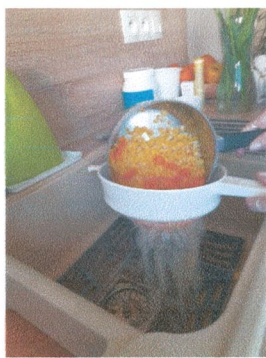
naskládat rybu do parního hrnce

11.



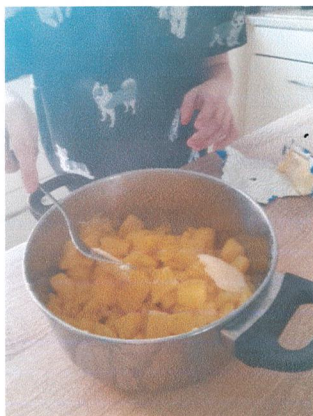
z máčnou tlačítko „ryba“ a nechat v páře vařit asi 30 minut

12.



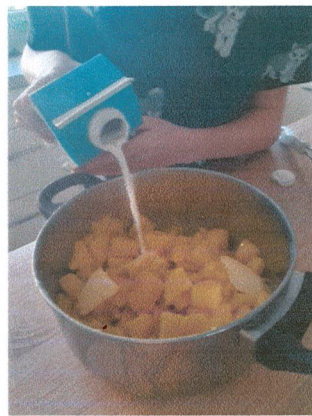
zcedit zeleninu

13.



přidat máslo

14.



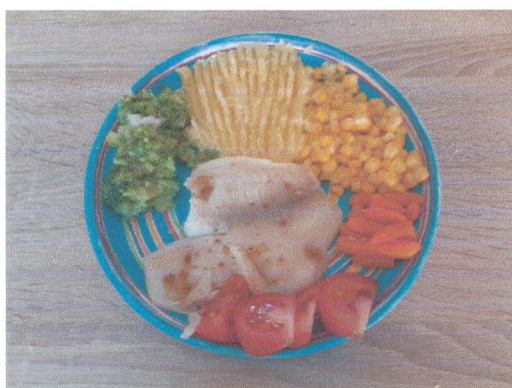
přidat mléko

15.



rozmačkat brambory

16.



výsledek