

Tefal



5 SEC RECIPE IDEAS







400g



2



1tbsp



1tbsp



4



1tbsp



Tzatziki



2tbsp



1/2



1



1



Veggie salad



1/4



150g



1



1/4



1tbsp



1tbsp



Quinoa Salad





100g



50g



100ml



Walnut Pesto



Tomato sauce



Tefal®

Happy cooking

... And bon appetit!