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Pourtant, bien que cet ingrédient soit présent dans tous nos placards, nous sommes parfois en manque d'inspiration au moment de le cuisiner, ou nous avons tendance à toujours réaliser les mêmes recettes.

Découvrez dans cet ouvrage 10 recettes à base de thon au naturel ou à l'huile. Nous vous proposons un tour du monde grâce à cet aliment simple et bon marché : fajitas, pastas, bricks... avec le thon, vous aurez tout bon !

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