



Category: Fish and meat
main courses

Additional information Dairy
free, Kosher

Created: on 2015-07-12
Qualified by: Supercook IL
Suggested by: iland
Total preparation time:
32:05 Minutes

INGREDIENTS

	□□□□ 43 :□□□□ □□□
1 piece	□□□□□ □□□□ □□□
3 tablespoon 15ml	oil
500 gram	□"□ 1 □□ □□□□□□□ □□□□ □□□□□ □□□
120 gram	□□□□□□□ □□□□□□ □□□□□□□
2 clove	□□□
1 measuring cup	□□□ □□□ □□□
1 measuring cup	water
1 teaspoon	dijon mustard
120 milliliter	□□□□□ □□□□
1 tablespoon 15ml	□□□□□□
1/4 teaspoon	black pepper
1 teaspoon	salt
3 tablespoon 15ml	□□□□□ □□□
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STEP BY STEP - PREPARATION

To see the full recipe, please [log in](#).