



Cocina en un plis plas (Spanish Edition)

Graciela Bajraj

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En general, estamos muy ocupados haciendo mil cosas y tenemos poco tiempo para nosotros mismos. Muchas veces «cocinar» pasa a los últimos puestos de nuestra lista de prioridades y echamos mano de la comida «basura».

Cocina en un plis plas es una propuesta para todas aquellas personas que disfrutan de la cocina pero disponen de poco tiempo y para aquellos que adoran el placer de la buena mesa pero no quieren eternizarse cocinando.

Dividido en capítulos que marcan el tiempo de elaboración de las recetas: en 5 minutos, en 10 minutos, en 20 minutos y menús de dos platos en 30 minutos, *Cocina en plis plas* también ofrece consejos prácticos y recursos eficaces para ahorrar tiempo y trabajo.

Un recetario dinámico para cocinar platos sanos y deliciosos de forma ultrarrápida pensado especialmente para la gente de hoy.

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