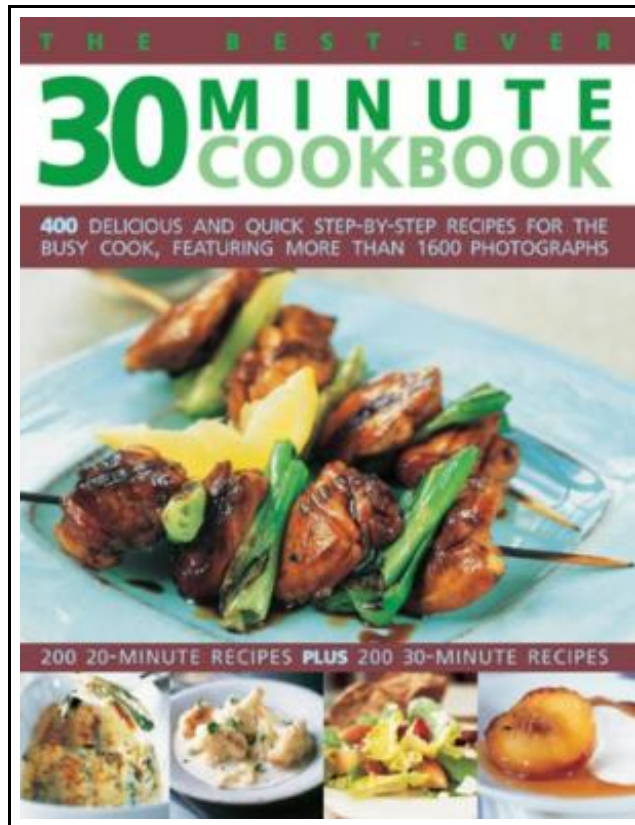


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THE BEST-EVER 30 MINUTE COOKBOOK: 400 DELICIOUS AND QUICK STEP-BY-STEP RECIPES FOR THE BUSY COOK

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Anness Publishing. Paperback. Book Condition: new. BRAND NEW, The Best-ever 30 Minute Cookbook: 400 Delicious and Quick Step-by-step Recipes for the Busy Cook, Jenni Fleetwood, This title offers 400 delicious and quick step-by-step recipes for the busy book, featuring more than 1600 photographs. It is an unbeatable selection of 10-minute, 20-minute and 30-minute recipes that combine convenience and speed with fresh, healthy foods and tastes. It is a delicious collection of easy-to-prepare recipes, including breakfasts, appetizers, snacks, family meals, suppers, dinner parties, indulgent desserts and a range of meat, poultry, vegetarian and pasta main course dishes. It is an introductory guide to no-fuss cooking advises on must-have utensils, simple ways to stock a store cupboard, short-cut baking ingredients and how to prepare stocks, marinades, dips, sauces, condiments and preserves. Nutritional information detailing fats, carbohydrates and calorific content will enable the reader to incorporate these quick-fix meals into a balanced diet. With over 400 original recipes, this is the ultimate guide to healthy, home-cooked food that can be rustled up in a matter of minutes. Beginning with ideas for breakfast and brunch - from porridge to buttermilk pancakes - this book is also packed with ideas for mid-morning snacks and lunches, whether you crave a classic banana smoothie, spicy plantain chips, griddled tomatoes on soda bread or a deli-style Caesar salad. A classic range of fish, chicken, pork, beef and lamb dishes prove that quick cooking and succulent meats are perfect partners, while the collection of vegetarian and pasta mains, side dishes and tasty salads burst with taste and texture. Desserts such as chocolate rum souffles or passion fruit creams make a perfect end to a delightful meal.



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