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More Healthy One Dish Cooking

By Ferrie Suzie

Paperback. Book Condition: New. Not Signed; Description:Boost your health and save time with 180 'all-in-one' recipes. Lots of pans and other utensils mean lots of mess and washing up. So, a recipe that can be prepared or cooked in just one pan has a clear advantage for the busy cook.Following on from the success of Healthy One-Dish Cooking, we bring you a new selection of meals, snacks and treats that includes soups, salads, sandwiches, pizzas, stir-fries, casseroles, curries, roasts, and savoury and sweet pies and pastries. Bursting with vitamins, minerals and energy-giving ingredients, they're healthy, full of flavour and easy to prepare. So, whether it's Red lentil soup, Spicy burghul and pumpkin salad, Turkey and bean tortillas, Garlic seafood pasta, Moroccan chicken with couscous or Spiced apple and blueberry pie that you're after, we've got all your one-dish requirements catered for. book.


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