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Real Food, Real Fast

By Sam Stern, Susan Stern

Walker Books Ltd. Paperback. Book Condition: new. BRAND NEW, Real Food, Real Fast, Sam Stern, Susan Stern, There's always time for a champion eat. Find the timetag that suits and bring on the quality with this brilliant new cookbook, especially designed to suit teenagers' hectic lifestyles! Only got 5 minutes to whisk up a quick snack? 15 minutes for a main course to impress the girls? Or maybe a luxurious 30 minutes for a full-on feast? Then this is the book for you! Fifteen-year-old Sam Stern, with a little help from his mum, Susan, shares loads of tasty, healthy recipes which you can get on your plate in 5, 10, 15, 20 and 30 minutes. Remember: fast food doesn't have to be junk food. There are recipes for lush time-cheat pizzas, home-style kebabs and kiev, belting burgers, Tex-Mex, souffles, chocolate pud, risottos, fruit, steak, stir-fry, tortillas, curries, smoothies, soups, mash, salads and veg. Over 170 delicious food ideas, using real ingredients and simple techniques, for veggies, meat-eaters and everything in between! Packed with essential cooking time- tricks, tips for what to do with leftovers and suggestions for making shopping simple, "Real Food, Real Fast" has got it sorted! So, choose your...



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