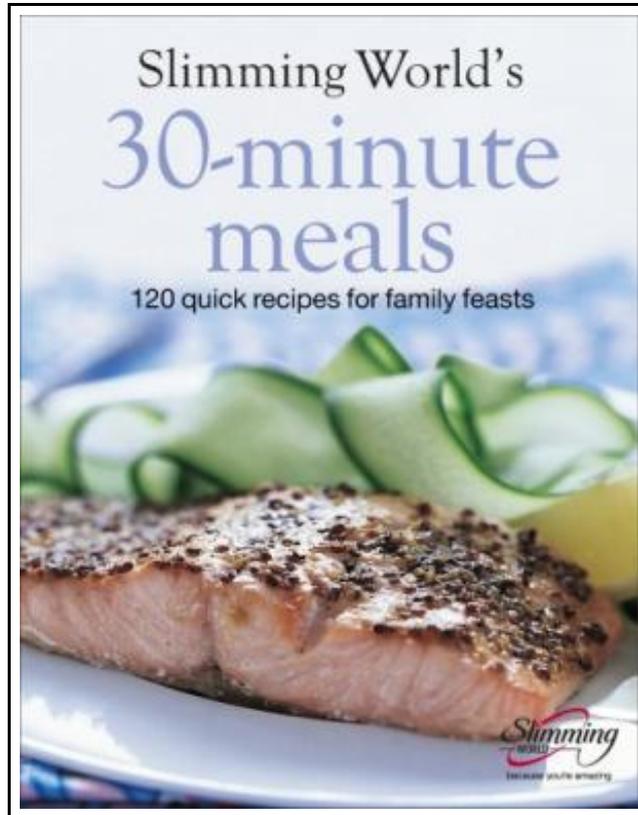


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Reviews

A whole new eBook with a brand new point of view. It is definitely simplistic but shocks in the 50 percent of the publication. I am just pleased to explain how this is the greatest ebook i have read during my very own daily life and could be he best ebook for possibly.
(Mitchell Kuhn III)

SLIMMING WORLD 30-MINUTE MEALS



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Ebury Publishing. Hardback. Book Condition: new. BRAND NEW, Slimming World 30-Minute Meals, Slimming World, When you're feeling hungry or in a real hurry, it is so easy to opt for the quickest option. But fast food doesn't have to be junk food. "30-Minute Meals" helps you to provide nutritious, wholesome food for all the family, not just those who are slimming, without getting stuck in the kitchen for hours on end. This book is full to bursting with more than 120 recipes based on Slimming World's acclaimed Food Optimising programme. Highlights among the soups and starters are hot and sour seafood soup, chive and mushroom quiches, or pink peppercorn and smoke salmon pate. For filling snacks, try the skillet 'pizzas' or Tex-Mex tacos, or for a truly tempting salad choose between tiger prawns and asparagus or grilled calamari and rocket. Meat and fish recipes include roasted citrus chicken and pork and mango parcels, or try oven-baked sea bass with bacon and cherry tomatoes. There are some wonderfully tempting vegetable dishes, such as baked spinach gnocchi or basil and chilli linguini, while the dessert menu includes amaretti stuffed nectarines and cinnamon poached pears. Anyone interested in easy-to-prepare, full-flavoured and healthy food will find this book useful, whether they are slimming or not!.



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