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Quick and Delicious Vegetarian Meals: Easy, healthy and super-fast food (Paperback)

By Judy Ridgway

Little, Brown Book Group, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. It is specifically designed for busy people who want to serve good, healthy food but do not have much time to do so. It contains both vegetarian and vegan recipes for all tastes and all occasions and from all around the world - pasta dishes and bruschetta from Italy, curries from India, tagines from North Africa, stir-fry dishes from China, and appetisers from the USA. There are also some traditional British favourites as well as recipes from Hungary, Lebanon, Mexico and France. The book includes: * A complete range of dishes with snacks and canapes, soups, salads and all kinds of main courses and party food, including barbecue grills.* Nutritional advice for vegetarians with a look at complementary proteins and balanced menu planning, plus related menus.* Practical suggestions for a vegetarian store cupboard; for finding specialist vegetarian ingredients; and for making vegetarian stocks. Without losing the flavour, bestselling cookery author, Judy Ridgway has found new ways to speed up the cooking time of dishes such as soups and casseroles, traditionally regarded as slow cooking. vegetarian stocks.



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