

5 Ingredients " Quick Easy Food Jamie keeps it super-simple Cooking doesn't have to be complicated - that's why Jamie's 5 Ingredients - Quick & Easy Food is sure to become your new best friend in the kitchen. It's all about making the journey to good food very, very simple. Every recipe uses just five key ingredients, ensuring you Jamie keeps it super-simple Cooking doesn't have to be complicated - that's why Jamie's 5 Ingredients - Quick & Easy Food is sure to become your new best friend in the kitchen. It's all about making the journey to good food very, very simple. Every recipe uses just five key ingredients, ensuring you can get a meal together fast, whether it's finished and on the table in a flash, or after minimal hands-on prep, you've let the oven do the hard work for you. It's about spending a little time to deliver a lot of flavour. Each recipe has been tried and tested (and tested again!) to ensure the book is packed with no-fuss, budget-friendly dishes that you can rustle up, any day of the week. With over 130 recipes, and chapters on Chicken, Beef, Pork, Lamb, Fish, Eggs, Veg, Salads, Pasta, Rice & Noodles and Sweet Things, there's plenty of quick and easy recipe inspiration to choose from. Think Roast tikka chicken - a whole bird rubbed with curry paste and roasted over golden potatoes and tender cauliflower, finished with fresh coriander. Or, Crazy simple fish pie - flaky smoked haddock, spring onions, spinach and oozy Cheddar, all topped off with crisp, golden filo, and ready to devour in less than 30 minutes. With every recipe you'll find a visual ingredient guide, serving size, timings, a short, easy-to-follow method, and quick-reference nutritional information. This is Jamie's easiest-to-use book yet, and the perfect cookbook for busy people. ...more 5 Ingredients " Quick Easy Food PDF ebook

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