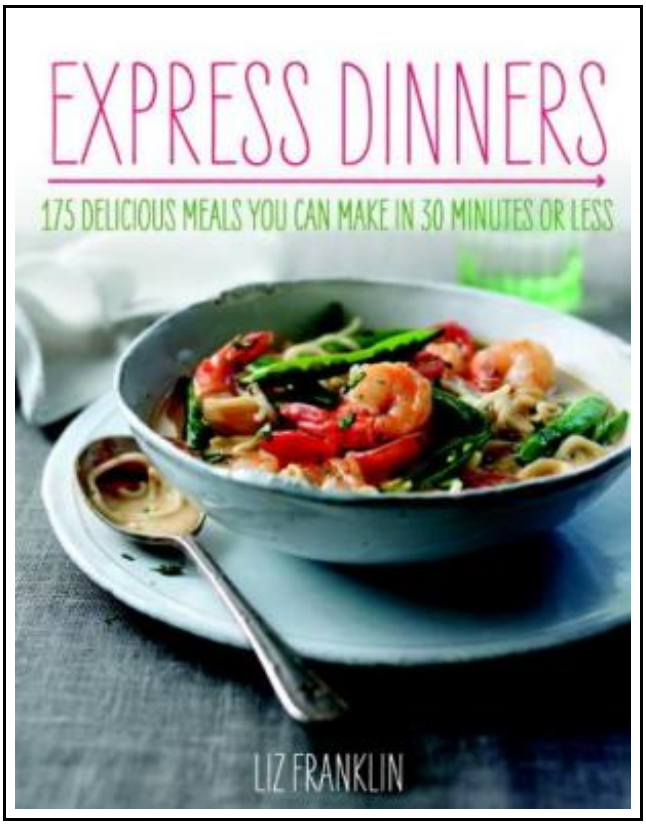
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EXPRESS DINNERS: 175 DELICIOUS MEALS YOU CAN MAKE IN 30 MINUTES OR LESS (PAPERBACK)

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DUNCAN BAIRD, United Kingdom, 2012. Paperback. Book Condition: New. 241 x 190 mm. Language: English . Brand New Book. Dinner, or supper, is an opportunity to unwind and share your day with your family and friends - spending time talking, laughing and enjoying mouth-watering meals (rather than rushing around the kitchen, frantically trying to piece something together). This book shows you exactly how to achieve that. Express Dinners includes more than 175 recipes and is divided into 6 easy chapters - for meals that can be made in just 5, 10, 15, 20, 25 and 30 minutes each, from the moment you start to the finished meal on the plate. In just 5 minutes, for example, you can you can whip up Garlic Prawns with Sesame Noodles or Crab with Angel Hair Pasta for a healthy dinner-on-the-run, or Chicken Avocado Tortillas in time for your kids supper. In a mere 10 minutes, you can serve up an Open Ricotta Lasagne. Or cook up a weekend feast your family will love with 30-minute recipes such as Pesto-Crusted Lamb Fillets or Chicken with Rosemary Roasted Tomatoes. Forget pre-prepared supermarket convenience meals or take-aways. Instead, discover how to create mouth-watering food from scratch - all in the flash of a pan. When you get home late, and need to feed your family quickly; or when you want to make something special for friends but don t want to spend ages in the kitchen, try these recipes. They re all full of delicious home-made tastes, all significantly cheaper than the shop-bought versions and all made in a matter of minutes.

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