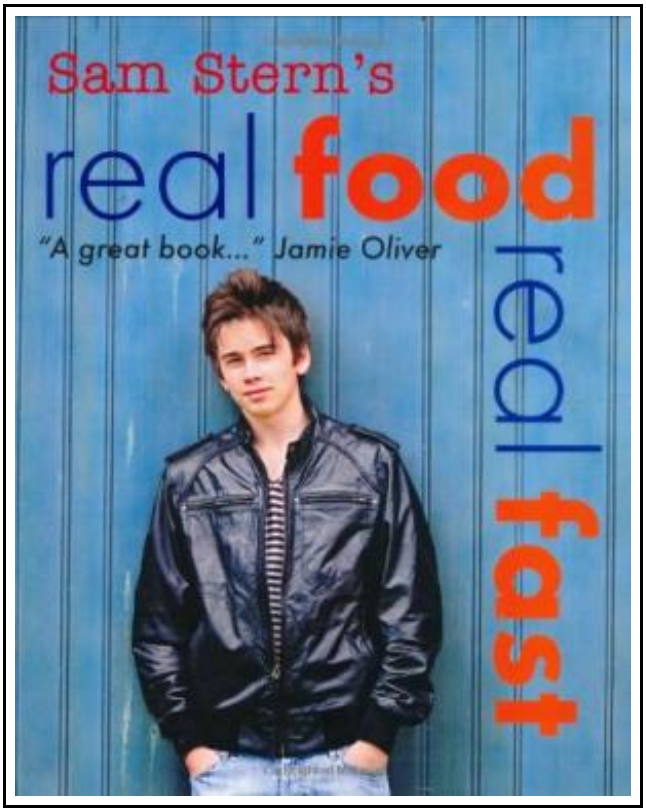
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Walker Books Ltd. Paperback. Book Condition: new. BRAND NEW, Real Food, Real Fast, Sam Stern, Susan Stern, There's always time for a champion eat. Find the timetag that suits and bring on the quality with this brilliant new cookbook, especially designed 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 kievs, 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 recipe using the coloured timetags, slap on some music, and get cooking!.

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