

QUICK AND EASY 20-MINUTE MEALS IN COLOUR

Marc Hare

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Everyone is talking about healthier eating but we are all so busy that cooking has lost its place in our busy lifestyles. This brilliant book shows you that you dont.

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Thank you. This recipe uses lean ground beef, but feel free to swap it with turkey, chicken or any other protein substitute. This healthy dinner is made with rotisserie chicken and quick-cooking spiral Pork Stir-Fry with Snow Peas Recipe A great stir-fry needs only 2 or 3 vegetables as the base; any more would slow cooking and interfere with the sear, or keep other elements from shining. Time: 20 minutes These might not look like much, but we know these are incredibly delicious and come recommended owing to the many comments underneath the recipe. Add a simple side salad or some grilled veggies for a satisfying and easy dinner on the grill. Chicken fingers aren't just for kids. Time: 10 minutes This requires minimal your kitchen with these must-have products for cooking, baking, and countertop organization. Arthur Agatston.