

# Descargar libros gratis 5 Ingredients - Quick & Easy Food - Jamie Oliver DBSBOOK



Jamie's most straightforward cookbook yet . . .

**It's perfect for quick and easy meals for every day of the week. Even the busiest of us will be able to master dishes to bring the house down!**

Jamie's CHANNEL 4 series *Quick and Easy Food* is BACK on Monday nights at 8pm, **find all the recipes . . . and more inside.**

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**'Our favourite new recipe book . . . Simple suppers from the nation's favourite chef' Sainsbury's Magazine**

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With just FIVE ingredients that have maximum flavour and minimum fuss, you'll be cooking exciting food that's ready in

less than 30 minutes . . .

- ITALIAN SEARED BEEF. Thinly sliced strips of rump steak: golden and blushing in the middle, with pesto, spicy rocket, pine nuts and creamy layers of Parmesan.
- AUBERGINE PENNE ARRABBIATA. A beautiful, super spicy Italian dish that's perfect for midweek. Aubergine quarters cooked in red chilli, garlic and tomatoes over penne pasta.
- AMAZING DRESSED BEETS. A delightful summer salad: colourful beetroots, sweet slices of clementine, fresh tarragon and walnuts and creamy goats cheese.
- SPEEDY SPICED PRAWN SOUP. A weekday treat, made at home in just 20 minutes. Creamy coconut milk and korma paste with basmati rice, spring onions and delicious prawns.

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'This is Oliver's **best book in years**' *The Sunday Times*

'Jamie Oliver returns with the second series, focussing on **easy family-centric cooking** . . . he's stripped back to basics and all the better for it.' *The Sunday Telegraph*

<b>Title</b>	: 5 Ingredients - Quick & Easy Food
<b>Author</b>	: Jamie Oliver
<b>Categoría</b>	: Gastronomía
<b>Publicación</b>	: 24/08/2017
<b>Editorial</b>	: Penguin Books Ltd
<b>Vendedor</b>	: Penguin Books Limited

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**Páginas impresas** : 288 páginas

**File Size** : 136.82MB

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