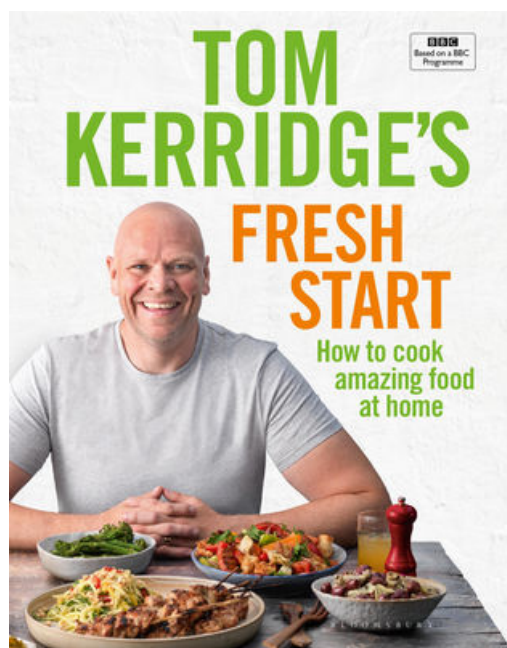


# Descargar libros gratis Tom Kerridge's Fresh Start - Tom Kerridge QBook



**Tom Kerridge shows you how to be the boss in the kitchen and eat well every day, thanks to more than 100 brilliant recipes to give you and your family a fresh start**

What's for dinner tonight? Chuck that takeaway menu in the recycling bin and discover how easy it is to cook amazing meals at home from scratch: **Crispy beef and pak choi noodles, Butternut squash and chickpea curry** or even a lush **Chicken and bacon ranch burger**.

It's very easy to fall into the busy-life trap, especially when ready meals are so convenient. But Tom Kerridge has learnt from experience how important it is to take control over what you eat for the sake of your health and happiness. Now he wants to show *you* just how quick and easy it is to cook meals that are so flavourful and nutritious you'll never go back!

*Tom Kerridge's Fresh Start* has more than 100 delicious recipes for **breakfast, quick and easy meals, lighter dishes, veggie suppers, batch cooking, weekend feasts** and **sweet treats** - so you know exactly where to turn if you're cooking for yourself or the whole family.

From **Peanut chicken stir fry** to **Roasted red pepper penne**, and from **Sausage rolls** to **Lemon and blueberry loaf cake**, Tom's recipes taste fantastic and, most importantly, they'll get you having fun in the kitchen!

***Tom Kerridge's Fresh Start* includes all the recipes from Tom's new BBC series - watch it in January!**

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