

QUICK AND TASTY



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Quick and tasty

Lena Djuphammar & Pernilla Rönnlid

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Preparing good and nourishing food from scratch doesn't have to be difficult or take a long time.

This is the cookbook for somebody who has just moved from home and feels a bit helpless in the kitchen. Or who wants to make good and nourishing food and needs some tips to help them on their way – how you deal with a raw fillet of chicken and brighten up an everyday sandwich with your own pea buds. Or the student who is fed up with fast food and sandwiches and wants to quickly prepare something decent to eat in between gym sessions, studying and other activities!

The book contains about 60 recipes and tips on what you can do with leftovers, and fun dishes to make together with your friends. And tips on those little extras such as home-baked bread, smoothies, dips and tasty desserts.

About the authors

Lena Djuphammar is a photographer and graphic designer. She has worked for H&M and Åhlens and is specialised in food photography.

Pernilla Rönnlid is a journalist and photographer. She has written and made photos for articles in various magazines and is specialised on health subjects.