



## Itsu 20-Minute Suppers: Quick, Simple & Delicious Noodles, Grains, Rice & Soups

By Blanche Vaughan, Julian Metcalfe

Octopus Publishing Group. Hardback. Book Condition: new. BRAND NEW, Itsu 20-Minute Suppers: Quick, Simple & Delicious Noodles, Grains, Rice & Soups, Blanche Vaughan, Julian Metcalfe, In this revolutionary cookbook the authors of the bestselling itsu: the cookbook (almost 60,000 copies sold worldwide) provide simple, nutritious, easy-to-follow recipes, all of which can be made within 20 minutes. Using ingredients readily available at mini-markets, they have created 100 deliciously healthy Asian-inspired recipes with noodles, rice, grains and soups. Why resort to nasty ready meals when you can cook itsu-style meals at home in minutes? itsu is dedicated to skinny but delicious food: light, green and good for you. But it's not just the calories that are taken care of; the 'superfood' ingredients in the recipes provide optimum nutrition too. And it's food that tastes as good as it looks.

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