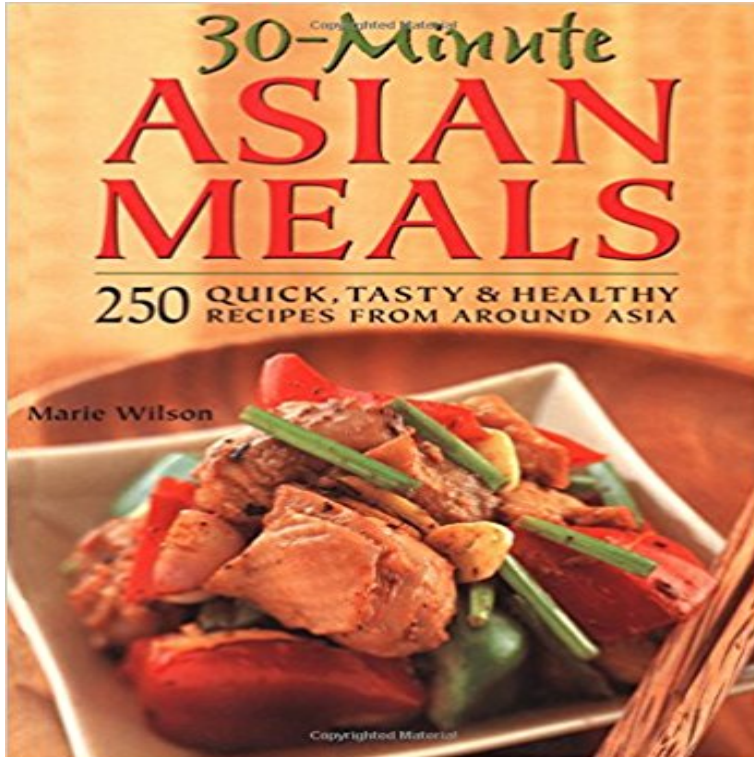


30 Minute Asian Meals: 250 Quick, Tasty & Healthy Recipes From Around Asia



Love Asian food, but don't think you have the time to cook it at home? Marie Wilson's 30-Minute Asian Meals shows you how to prepare healthy, tasty Asian meals at home in 30 minutes or less. Her cooking strategy is based on how long it takes to prepare rice so that all the elements of these delicious meals are ready at the same time. She shares lots of helpful hints for quick-and-easy preparation and cooking, and demonstrates how her approach allows you to enjoy the exotic flavors and healthy benefits of Asian cuisine any day of the week. The recipes are organized by country, covering the national cuisines of China, Japan, Korea, Thailand, Vietnam, India, Indonesia, Malaysia, Singapore, and the Philippines. Each chapter offers a broad range of dishes including beef, seafood, poultry, tofu, egg and vegetable dishes along with soups and salads. Each chapter also includes a shopping list of key ingredients that will become indispensable parts of your Asian cupboard. A food glossary demystifies the less common ingredients and suggests substitutions when possible. This fantastic Asian cookbook is perfect for the busy cook who wants to serve something special, but can't spend the day shopping or preparing. You'll enjoy making and sharing these classic Asian recipes with your family and friends. Recipes include: Pan-Fried Noodles with Chicken and Vegetables, Five-Spice Chicken with Braised Zucchini, Beef with Leeks, Teriyaki Salmon, Sweet-and-Sour Pork, Shrimp in Yogurt, Masala Sauce, Gado-Gado, Chili Crab, Savory Noodles.

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