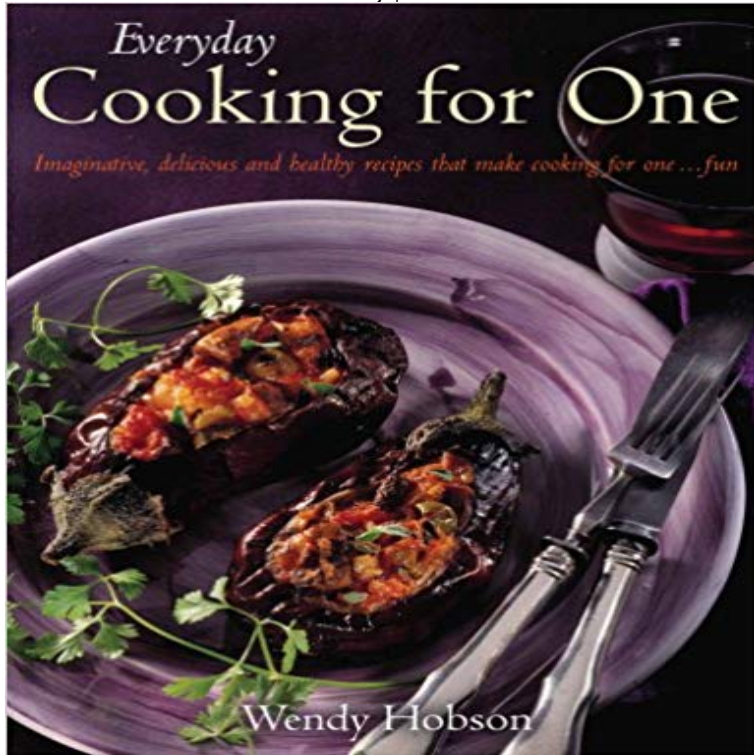


## Everyday Cooking For One: Imaginative, Delicious and Healthy Recipes That Make Cooking for One ... Fun



Living on your own doesn't mean losing out on interesting and healthy food. Nor does it have to involve the often unreliable business of quartering recipes! Here is a collection of simple, delicious meals specially designed for one that will ensure you enjoy your everyday eating. You'll find useful tips for shopping and stocking your food cupboard and delicious recipes for everything from snacks to main courses with fish, meat and vegetables. Quick, easy and economical, the recipes are designed to make everyday cooking exciting, and to keep your diet healthy and balanced. Some recipes just don't work in small quantities, and that could include some of your favourites. A unique feature of this book is the inclusion of really tasty recipes such as casseroles, roasts and cakes that show you how to create four different meals from one single cooking session. So you can try: Braised Tender Lamb, then reinvent it as Lamb with Mediterranean Couscous, Lamb with Crisp Courgettes and Parsnip-topped Lamb Or treat yourself to: Roast Lemon-infused Chicken, then enjoy Chicken Filo Parcels, Sweet and Sour Chicken and Chicken with Pancetta Or simply enjoy just-for-one treats such as: Caramelised Onion and Goats Cheese Puffs Salmon Steak with Summer Vegetable Parcels Spinach and Avocado Salad with Pancetta Honey-drenched Tunisian Almond Cake

Author Wendy Hobson has spent a career working in and around cooking. She has written several books including Classic 1000 Cake & Bake Recipes, Classic 1000 Recipes and The Kitchen Companion and edited many more. She loves being able to cook in small quantities to please herself as well as in larger amounts to share with family and friends

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