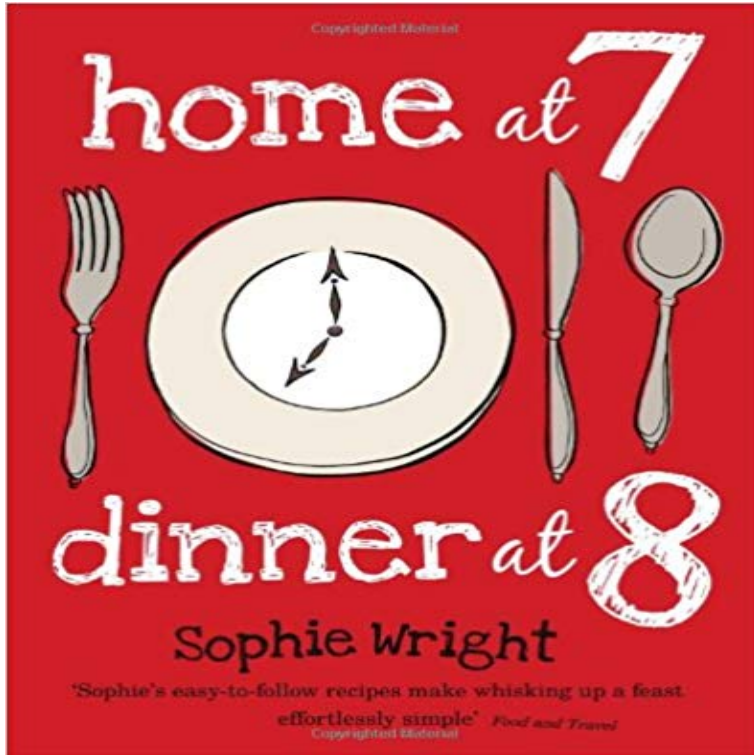


Home at 7, Dinner at 8: 100 Satisfying Suppers on the Table in an Hour or Less



Busy modern lifestyles mean we all have less time for cooking in the evening and it can be easy to fall into a rut with the same old recipes. In *Home at 7, Dinner at 8* Sophie Wright offers satisfying suppers that provide a cheaper, healthier and most interesting alternative - all ready to eat in 1 hour and most in 30 minutes or less. Recipes are quick and easy to prepare in a realistic time frame, which won't have you running around the kitchen, so cooking is still a pleasurable experience. Chapters include: *Everyday* - packed with recipes destined to become midweek favourites that you will cook time and time again; *Watching the Pennies* - with cheap and exciting ideas suitable for a night in for one or entertaining friends and *Posh Nosh* for more extravagant and indulgent recipes perfect for special occasions and celebrations. If you want to be home at 7pm and eating dinner by 8pm, let Sophie inspire you to enjoy creating quick, stress-free, delicious meals - you'll never need a takeaway again!

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