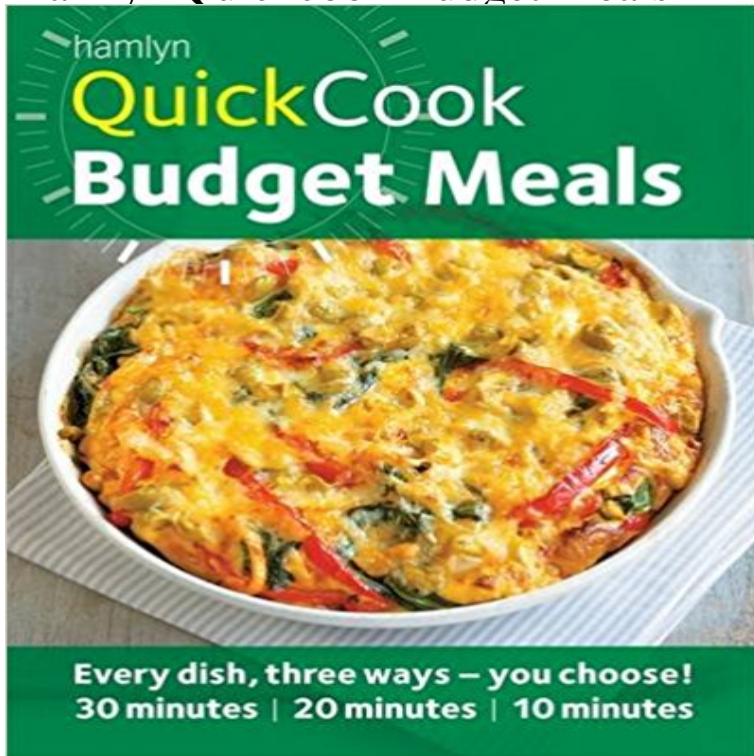


Hamlyn Quickcook Budget Meals



Hamlyn QuickCook: Budget Meals offers the perfect alternative to elaborate kitchen preparations, expensive restaurant meals or microwave ready-meals by showing you how to use limited ingredients, simple methods and minimal time to create pocketbook-friendly meals that are quick, easy and - most importantly - delicious. 360 fabulous recipes include Chorizo and Red Pepper Tortilla, Peppery Smoked Mackerel Brandade and Deconstructed Shepherd's Pie. From starters and light bites to fuss-free desserts, this is a comprehensive guide to creating a varied array of delectable dishes and is perfect for those new to cooking, students or anybody looking to expand their midweek routine beyond the local takeaway. So put down the phone, throw away those delivery menus and get cooking!

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