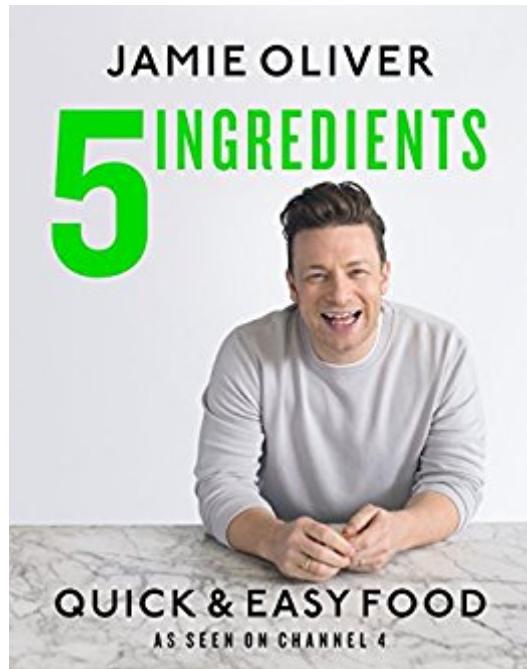


The book was found

5 Ingredients - Quick & Easy Food



Synopsis

Jamie's brand-new cookbook is HERE. Featuring simple, delicious recipes from the new CHANNEL 4 series - Quick and Easy Food - kicking off on Monday nights at eight o'clock, Jamie Oliver's 5 Ingredients is his most straightforward book yet. Using five ingredients, cleverly combined, you'll conjure up THE most exciting food . . . from this week's episode snappy sesame seared tuna with an Asian twist - blushing in the middle and slathered in savoury, salty Japanese miso paste, a golden layer of sesame seeds on spring onions and sugar snap peas. Messy meatball buns - finger lickin' family food that's fast and loaded with flavour: super-soft buns filled with minced beef balls in green pesto, molten, melty buffalo mozzarella and juicy plum tomatoes. Jamie's irresistibly gooey, chocolate rye cookies - chunky dark chocolate, rye bread, free-range eggs and golden caster sugar for speedy home baking AND to finish, the ultimate comfort food classic, a crazily quick chicken pot pie - free-range chicken thighs, mixed mushrooms, sweet caramelised onions, fresh thyme and buttery puff pastry . . . Beautiful. _____ It's all about making the journey to good food, super-simple. Every recipe uses just five key ingredients, ensuring you can get a plate of food together fast, whether it's finished and on the table super-quickly, or after minimal hands-on prep, you've let the oven do the hard work for you. We're talking quality over quantity, a little diligence on the cooking front, and in return massive flavour. Each recipe has been tried and tested (and tested again!) to ensure the book is packed with no-fuss, budget-friendly dishes that you can rustle up, any day of the week. With over 130 recipes, and chapters on Chicken, Beef, Pork, Lamb, Fish, Eggs, Veg, Salads, Pasta, Rice and Noodles and Sweet Things, there's plenty of quick and easy recipe inspiration to choose from. How about . . . Pomegranate jewels, fresh mint and feta tossed into a Carrot and grain salad. Roast tikka chicken - whole chicken flavoured in tikka paste, roasted with crispy potatoes, golden cauliflower and coriander finished with a deliciously sumptuous AND impressive Honey berry filo smash topped with coconut yoghurt and pistachios. All ready to tuck into in less than 30-minutes. With every recipe you'll find a visual ingredient guide, serving size, timings, a short, easy-to-follow method, and quick-reference nutritional information. Jamie's new cookbook takes the stress out of mealtimes and will inspire cooks and non-cooks alike with beautiful, crazily simple ideas . . .

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