

Book of the Week



Jamie has done his research to find out exactly what we, as a nation, love to eat. He's taken 18 of our favourite ingredients and created 7 new, easy and delicious ways to cook them.

We're talking about those meal staples we pick up without thinking - chicken breast, salmon fillet, mince, eggs, potatoes, broccoli, mushrooms, to name but a few.

Jamie will share 7 achievable, exciting and tasty ways to cook each of these hero foods, requiring minimal time, effort and a maximum of only 8 ingredients.

Jamie's fun, delicious and nutritious recipes include:

- Crispy Salmon Tacos
- Prosciutto Pork Fillet
- Pepper & Chicken Jalfrezi
- Mushroom Cannelloni
- Beef & Guinness Hotpot
- Broccoli & Cheese Pierogi

With everything from fakeaways and tray bakes to family and freezer favourites, you'll find bags of inspiration to help you mix things up in the kitchen.

Discover 7 Ways, the most straight-forward cookbook Jamie has ever written.

Please reserve by contacting the following:-

Telephone Number: 22580

Email: publiclibrary@helanta.co.sh