

# Just Five Ingredients - Ainsley Harriott

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Ainsley Harriott is the master of fast, flavoursome and fabulous food and he has created a collection of mouth-watering recipes that use a maximum of five ingredients, perfect for the time-short, budget-conscious cook. Choosing recipes that burst with flavours from all around the world, television's favourite chef, Ainsley Harriott, has used his flair for creating meals in minutes by taking the simplest ingredients and creating delicious dishes with minimum fuss and expense. Using easily accessible ingredients, Ainsley's recipes include fresh salads, succulent fish and meat dishes, healthy pastas, vegetarian delights, sizzling barbecue ideas and tempting desserts; all using just five key ingredients, plus salt, pepper and oil. There'll be no more looking at an ingredients list and groaning at all the shopping and chopping you'll have to do. Ainsley has created an essential cookbook that's sure to be the only extra ingredient you'll need in your kitchen. Author: Harriott, Ainsley Publisher: BBC Digital Illustration: N Language: ENG Title: Just Five Ingredients Pages: 00192 (Encrypted EPUB) On Sale: 2012-03-31 SKU-13/ISBN: 9780563539247 Category: Cooking : General

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