



ITSU 20 minute suppers: Eat beautiful with noodles, grains, rice and soups

Julian Metcalf, Blanche Vaughan

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In this revolutionary cookbook the authors of the bestselling *itsu: the cookbook* (almost 60,000 copies sold worldwide) provide simple, nutritious, easy-to-follow recipes, all of which can be made within 20 minutes. Using ingredients readily available at mini-markets, they have created 100 deliciously healthy Asian-inspired recipes with noodles, rice, grains and soups. Why resort to nasty ready meals when you can cook itsu-style meals at home in minutes?

itsu is dedicated to skinny but delicious food: light, green and good for you. But it's not just the calories that are taken care of; the 'superfood' ingredients in the recipes provide optimum nutrition too. And it's food that tastes as good as it looks...



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