



Las comidas de Jamie Oliver en 15 minutos (Spanish Edition)

By Jamie Oliver

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Este libro está dedicado especialmente a lo que vosotros, el público, estáis pidiendo: unas comidas superrápidas, sabrosas y nutritivas que podáis comer todos los días de la semana. Me he inspirado en platos de todo el mundo, adoptando esos sabores que a todos nos gustan, jugando con platos clásicos de pollo, carne o pasta, recurriendo a la comida callejera de inspiración asiática o a los brillantes sabores marroquíes, dándole un toque personal a ensaladas enormes y muchas cosas más. Básicamente he intentado dar cabida a todos los tipos de comida que el público suele pedir. Y estas son algunas de las recetas más rápidas y sencillas que he elaborado nunca. **ENGLISH DESCRIPTION** The 15-Minute Meals promise is simple: it's delicious, nutritious, super-fast food that's a total joy to eat and perfect for busy people. Quick, tasty, nutritious food that you can eat everyday of the week. Jamie Oliver's 15-Minute Meals take inspiration from all over the world, embracing the tastes that we all love, playing on classic chicken, steak and pasta dishes, looking at Asian-inspired street food and brilliant Moroccan flavors, putting together great salads and so much more. These recipes have been tested and retested to ensure that this book is a reliable companion for you and your family. Jamie Oliver's 15-Minute Meals is far and away the most balanced and exciting everyday cookbook out there - and if you liked 30-Minute Meals, this will knock your socks off.

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