



Real Food, Real Fast

Sam Stern, Susan Stern

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When time's an issue, turn to this healthy cookbook with recipes grouped by preparation time - written by a teenager, for teenagers! Fresh from the success of *Cooking Up a Storm*, teen chef Sam Stern returns with the perfect cookbook for time-pressed teenagers. Using the coloured timetags, discover over 170 cracking food ideas, using real ingredients and simple techniques, that you can put on your plate in 5, 10, 15, 20 and 30 minutes. Also packed with essential time tricks for cooking and shopping.

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