



# **Tasty Express: Simple, Stylish & Delicious Dishes for People on the Go**

*Sneh Roy*

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**Tasty Express** is the **first cookbook** by **Sneh Roy**, a food photographer from Sydney and creator of the **multi award-winning food blog Cook Republic** which won Best Australian Blog 2013. It is a beautifully shot cookbook with over 100 predominantly wholesome vegetarian recipes that celebrate real food. These easy to make and easy to take recipes with heaps of **gluten free** and **sugar free** options will become your weeknight staples and lunchbox inspirations.

Drawing inspiration from her childhood in India and the bustling foodie scene of inner-city Australian life, Sneh's recipes embrace a healthy take on modern classics like tacos, flatbreads, veggie burgers, granola and froyo, drawing comparisons to the **healthy 'fast food' phenomenon** made famous by the likes of Jamie Oliver. With easy-to-reference chapters such as **Cafe Culture, Urban Lunchbox, Green Kingdom, Supper Club and Treat Factory**, Tasty Express also includes handy hints, such as **how to make fail-safe quinoa, how to grow sprouts from legumes with just a jar and a paper towel, and how to make bread that goes from flour to loaf in under an hour**. The book has little express extras on **fresh and robust chutnies, healthy smoothies, nut milks, spice mixes, nuts and nibbles**.

With stunning photographs for each and every recipe there are lots of textures, smears, sprinkles, drips and crumbs making this a highly tactile visual experience. **This is food as we eat today** - casually with messy abandon and sharing with loved ones, the way it should be.

*Coconut Bircher Muesli, Carrot Cake Muffins, Sour Chickpea Bread, Kulfi Milk, Eggplant Lasagna Steaks, Kale Soup With Grilled Cheese, Brown Rice Biryani Salad, Quinoa Spice Croquettes, Sweet Potato And Pepita Burgers, Tofu And Cashew Curry, Burnt Butter Caramel Slice, Nutella Clafoutis, Coconut Froyo and Gingerbread Tiramisu* are just some of the delicious recipes you can whip up without a lot of fuss.

Includes dual measurements.

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#### **Harley Fabry:**

The reason why? Because this Tasty Express: Simple, Stylish & Delicious Dishes for People on the Go is an unordinary book that the inside of the publication waiting for you to snap it but latter it will jolt you with the secret it inside. Reading this book adjacent to it was fantastic author who else write the book in such incredible way makes the content inside easier to understand, entertaining technique but still convey the meaning fully. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This unique book will give you a lot of advantages than the other book get such as help improving your proficiency and your critical thinking approach. So , still want to delay having that book? If I had been you I will go to the reserve store hurriedly.

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Tasty Express: Simple, Stylish & Delicious Dishes for People on the Go can be one of your starter books that are good idea. We all recommend that straight away because this book has good vocabulary that can increase your knowledge in vocabulary, easy to understand, bit entertaining but nonetheless delivering the information. The writer giving his/her effort that will put every word into enjoyment arrangement in writing Tasty Express: Simple, Stylish & Delicious Dishes for People on the Go yet doesn't forget the main point, giving the reader the hottest along with based confirm resource info that maybe you can be certainly one of it. This great information can certainly drawn you into brand-new stage of crucial pondering.

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