

# Made in the Office Tasty And Hasty Meals With Just a Kettle Toaster & Microwave

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## BOOK DETAILS

- Author : Rachel Maylor
- Pages : 176 Pages
- Publisher : Frances Lincoln
- Language : English
- ISBN : 0711238219



## **BOOK SYNOPSIS**

Bored of Pret? Depressed by M&S? And sick of Itsuu? Made in the Office helps you reclaim your workday lunch (as well as breakfast and snacks) by showing you how to make simple and healthy meals in your office kitchen - all with just a kettle, microwave and toaster. The book shows you that you dont need to have a fully equipped kitchen to knock up avocado and poached eggs on toast (you can poach eggs in the microwave!); and you dont need chef training to make pesto courgette pasta. And you dont need to think ahead the night before, either. You can make 70 quick, simple and healthy dishes in your lunch hour.

### **MADE IN THE OFFICE TASTY AND HASTY MEALS WITH JUST A KETTLE**

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