



## Cooking for One (Quick and Easy)

*Molly Perham*

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# Cooking for One (Quick and Easy)

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## **Cooking for One (Quick and Easy)** Molly Perham

This book is about pleasing yourself...shortcuts to fantastic food for one. Looking for a quick fix in the kitchen? If the thought of cooking for one at the end of the day has you reaching for a packaged ready-meal for a quick solution - this is the book for you. Inside you'll discover why being able to eat whatever you like, whenever you like, can actually be fun. You won't need imagination or inspiration. Molly Perham does all the thinking for you - writes the shopping list, plans the menus, tells you what equipment you need and serves up recipes that are so quick and simple, most ready-made options couldn't make it to the table any faster. You'll get the rundown on what you need to know about storage life, nutrition and preparation for each food type. And you'll also learn that the secret to great-tasting, fast, fresh food is simply a well-stocked cupboard and freezer. Best of all, you'll get back your taste for real food, freshly cooked in your own kitchen.

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