



Hamlyn Quickcook: Cooking for Kids: Every Dish, Three Ways - You Choose! : 30 Minutes, 20 Minutes, 10 Minutes

Emma Jane Frost

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Eliminate tea-time tantrums for good with this fantastic collection of recipes designed to appeal to children while giving you the piece of mind that they are eating a healthy balanced diet. From Baked Wholemeal Breakfast Muffins with Bacon and Cheese, to Sticky Chicken Drumsticks with Homemade Coleslaw and falafel with Crudites, you'll give your kids a great start to the day as well as fantastic lunch box treats. In addition there are recipes that will suit the whole family for dinner such as Smokey Sausage and Bean Casserole with Peppers and Creamy Pork and Apple Pies as well as traditional and brand-new kids' favourites including Fish Fingers with Sweet Potato Chips and Bacon, Pea and Potato Frittata. As always with the Quickcook series every recipe offers 10-, 20- and 30-minute options to suit your busy schedule. Breakfast and Lunchbox - including Spiced Eggy Fruit Bread with Yogurt and Berries, On-the-go Granola Breakfast Bars, Sausage and Tomato Puff Pastry Turnover and Lightly Curried Cous Cous Salad. Kids' Favourites - including Easy Scone Pizzas, Homemade Chicken Nuggets with Sunblush Tomato Dipping Sauce, Shepherd's Pie with Hidden Veg and Frankfurter Frittata. For All the Family - including Kedgeree-style rice with Spinach, Gnocchi Pasta Gratin, One-Pot Paella and Chicken, Bacon and Leek Pies. Tasty Treats - including Chocolate Pots with hidden Prunes, Strawberry & Raspberry Eton Mess, Orange Drizzle Tray Bake and Puff Pastry Apple & Cinnamon Tarts.

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