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Using ingredients
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deliciously healthy
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to-follow recipes, all of which can be made within 20 minutes. Using ingredients readily available at mini-markets, they have created 100 deliciously healthy Asian-inspired recipes with noodles, rice, grains and soups.

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beautiful with
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The authors of the

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bestselling itsu: the
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Author Julian Metcalfe ,
co-founder of global
success Pret A Manger,
is dedicated to his next
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refreshing take on
affordable, healthy
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Itsu 20-minute
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**Suppers: Quick,
Simple & Delicious
Noodles ...**

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Suppers by Julian

Metcalf and Blanche

Vaughan Categories:

Quick / easy; Stir-fries;

Suppers; Main course;

Cooking for 1 or 2; Thai

Ingredients: groundnut

oil; shallots; cooked

prawns; courgettes;

bean sprouts; radishes;

chives; roasted salted

peanuts;

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Quick, Simple
Itsu 20-Minute

Suppers: Eat

Beautiful with
Noodles, Grains ...

The authors of the bestselling itsu: the cookbook return with a promise: healthy, nutritious suppers after work within 20 minutes. In this revolutionary cookbook the authors of the bestselling itsu: the cookbook (almost 60,000 copies sold worldwide) provide

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simple, nutritious, easy-to-follow recipes, all of which can be made within 20 minutes.

Itsu 20-minute Suppers - Books About Food

Praise for Itsu
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From stir-fries to
salads, these healthy
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Itsu 20 Minute Suppers.

Written by brian.

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good for you. In this
book you'll find 100

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Asian-inspired recipes for soups, broths, salads, miso dishes, noodles and rice, as well as favourites such as teriyaki dishes, brown rice pots and iced teas.

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Suppers by Julian
Metcalf and Blanche
Vaughan Categories:
Quick / easy; Stocks;

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Cooking for 1 or 2;

Japanese Ingredients:

chicken stock; fresh

ginger; red chillies;

spring onions; miso

paste; soy sauce;

sesame paste

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Delicious Noodles

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From stir-fries to
salads, these healthy
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bursting with delicious
recipes like squash and
coconut laksa and

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teriyaki salmon with
ginger rice, all ready
within 20 minutes.

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itsu 20-minute
Suppers: Quick, Simple
& Delicious Noodles,
Grains, Rice & Soups is
by itsu founder and co-
founder of Pret A
Manger Julian Metcalfe
and food writer
Blanche Vaughan.

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9781784721305

Cookbook Review: ITSU
20-Minute Suppers
Soba noodle salad with
avocado and Asian
pesto. Egg noodles and
shiitake with green
onions and sesame
sauce. Pork and
mushrooms with
cucumber noodles
[really!]. Miso-rubbed

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Quick Simple
chicken on sticky rice.
Chicken katsu. Hoisin
roast duck breast. Stir-
fried mixed ...

Cookbook Review: ITSU 20-Minute Suppers - Cooking by the Book

recipes. Whether
you're looking for a
quick midweek fix, a
healthy vegan meal or
a creative recipe to
impress, we have it all!
From miso salmon to
gyoza stir frys,

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discover our delicious
easy recipes, whatever
the occasion.

recipes - itsu

Read "Itsu 20-minute
Suppers Quick, Simple
& Delicious Noodles,
Grains, Rice & Soups"
by Blanche Vaughan
available from Rakuten
Kobo. In this
revolutionary cookbook
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Blanche Vaughan is the author of Itsu 20-Minute Suppers (4.12 avg rating, 25

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Quick Simple
ratings, 1 review,

published 2016), Great
British Food Revival
Grains Rice Soups
(4.18 avg rat...

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