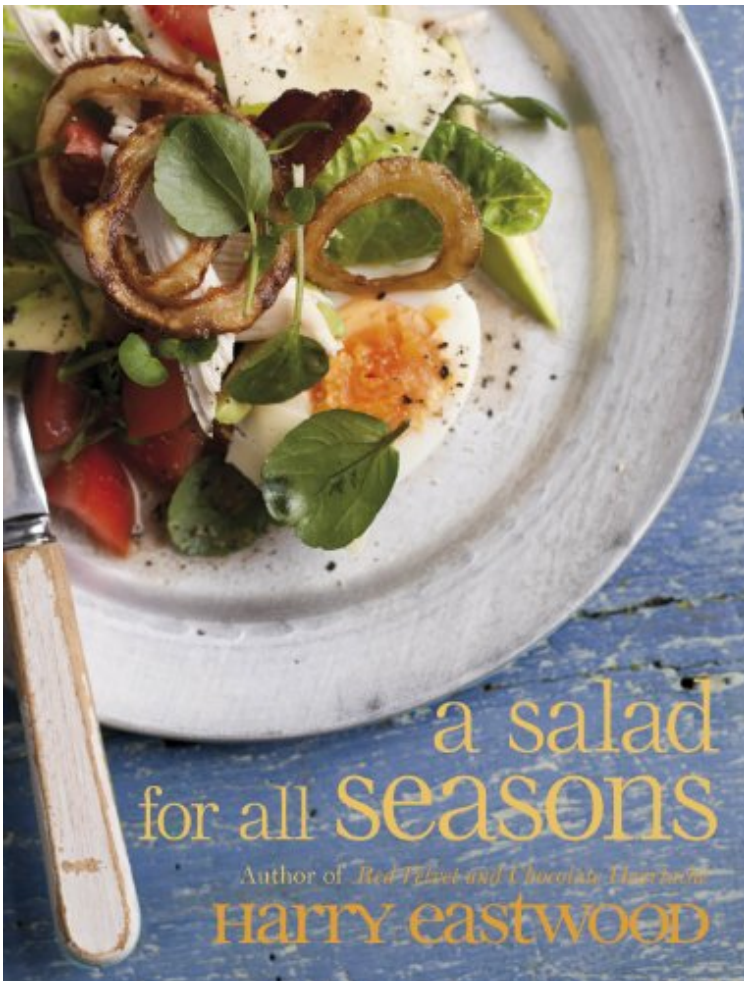


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# A Salad for All Seasons



*Par Harry Eastwood  
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## Description :

Prsentation de l'diteur Lets eat more salad! Its fresh, colourful and healthy fast food. A far cry from the rabbit food image of old, salads are now rightfully top of the menu. In A Salad for All Seasons, Harry Eastwood shakes things up, introducing us to over 100 delicious, original and easy-to-make salads to see you through the year. Spring and Summer are packed with vibrant, exciting recipes that can be knocked up in minutes, such as Peach and Mozzarella with Sweet Chilli and Tomato Glaze and Thai Beef and Basil with Noodles, while Autumn and Winter offer warm, hearty, nourishing combinations, such as Roasted Squash with Thyme and Taleggio and Spinach, Lamb and Fig with Orange and Honey Dressing. From well-loved favourites to exotic delights inspired by Harrys travels and love of fresh ingredients, A Salad for All Seasons is the ultimate proof that natural, fresh and nutritious food can also be a feast the whole year round. Revue de presse "Packed with gorgeous recipes celebrating the best of seasonal produce, as well as quick and healthy midweek ideas and beautiful salads for weekend entertaining. Harry's down-to-earth recipes make cooking effortless, plus with each salad you'll be well on your way to five a day." (Sainsbury's Magazine) "Super fill-you-up salads - packed with flavour and bursting with fresh ingredients, even the most fervent salad-dodger

won't be able to get enough of these." (Essentials magazine)"Quick and simple to prepare, delicious and good for you. There are veggie salads as well as ones including meat, dairy or fish - so whether you're looking for a stand-alone main course or some innovative new ideas to serve alongside your barbecue, it's all here." (BBC Good Food)"Stunning . . . delicious food that makes you feel good instead of guilty.

Effortlessly gives you two or more of your all important five a day as well as new and exciting ways of looking at familiar ingredients." (Tasty magazine)Prsentation de l'diteurLets eat more salad! Its fresh, colourful and healthy fast food. A far cry from the rabbit food image of old, salads are now rightfully top of the menu. In A Salad for All Seasons, Harry Eastwood shakes things up, introducing us to over 100 delicious, original and easy-to-make salads to see you through the year. Spring and Summer are packed with vibrant, exciting recipes that can be knocked up in minutes, such as Peach and Mozzarella with Sweet Chilli and Tomato Glaze and Thai Beef and Basil with Noodles, while Autumn and Winter offer warm, hearty, nourishing combinations, such as Roasted Squash with Thyme and Taleggio and Spinach, Lamb and Fig with Orange and Honey Dressing. From well-loved favourites to exotic delights inspired by Harrys travels and love of fresh ingredients, A Salad for All Seasons is the ultimate proof that natural, fresh and nutritious food can also be a feast the whole year round.