



A Salad for All Seasons

Harry Eastwood

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Let's eat more salad! It's 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 Harry's 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.

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A Salad for All Seasons can be one of your beginner books that are good idea. All of us recommend that straight away because this guide has good vocabulary that will increase your knowledge in vocab, easy to understand, bit entertaining but nonetheless delivering the information. The author giving his/her effort to place every word into pleasure arrangement in writing A Salad for All Seasons although doesn't forget the main point, giving the reader the hottest as well as based confirm resource info that maybe you can be among it. This great information can easily drawn you into completely new stage of crucial contemplating.

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