



THE
QUICK
AFTER-WORK
PASTA

COOKBOOK

JUDY RIDGWAY

Quick After Work Pasta Cookbook

Judy Ridgway



Quick After Work Pasta Cookbook:

The Quick After-work Pasta Cookbook Judy Ridgway,1992 **Quick After-work Pasta** Judy Ridgway,1996-04-21

For those who want to prepare nutritious and exciting meals in minimum time this cookbook offers over 100 mouthwatering pasta and sauce recipes all ready in minutes Some require only cupboard ingredients Includes color illustrations and nutritional analysis **Quick, Easy and Delicious Pasta Recipes** Ted Alling,2020-03-19 This pasta cookbook is a great source for you to know the hidden healthy benefits of pastas Mostly pastas are considered as fast food but after getting this book you will realize how it helps you to elevate your mood and health Along with the recipes there are hidden nutritional benefits which are mentioned with each recipe You will be able to find variety of pasta recipes with different kinds You will be able to learn different techniques for cooking pastas at your home by getting the right ingredients There are different chapters which are sorted in this book to make it an easy guidance for you Here are the chapters as follows Amazing Pasta Dishes Delicious Mixed Pasta Recipes Variety of Pasta Recipes Get this book now to surprise yourself with additional information in this book The only best tip to make perfect pasta recipe is to boil the pasta well If it is overcooked or undercooked then the taste tends to get ruined It is essential to be aware of the timings while boiling pasta so make sure you do not miss on that Once you keep on making pastas through this book you will be a professional pasta cook Everyone would wait on your recipes and the secret would be this amazing book which you will have with you all the time if you get it now

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and from all around the world pasta dishes and bruschetta from Italy curries from India tagines from North Africa stir fry dishes from China and appetisers from the USA There are also some traditional British favourites as well as recipes from Hungary Lebanon Mexico and France The book includes A complete range of dishes with snacks and canap s soups salads and all kinds of main courses and party food including barbecue grills Nutritional advice for vegetarians with a look at complementary proteins and balanced menu planning plus related menus Practical suggestions for a vegetarian store cupboard for finding specialist vegetarian ingredients and for making vegetarian stocks Without losing the flavour bestselling cookery author Judy Ridgway has found new ways to speed up the cooking time of dishes such as soups and casseroles traditionally regarded as slow cooking vegetarian stocks

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