



More Quick-Fix Vegan: Simple, Delicious Recipes in 30 Minutes or Less

Robin Robertson

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More Quick-Fix Vegan is filled with 150 all-new easy, flavor-packed recipes that can be prepared in 30 minutes or less. These healthy new “fast food” recipes have all the ease and convenience of Robin’s bestselling *Quick-Fix Vegan*.

This book starts off with a chapter of basic recipes that you can use to save both time and money. Two chapters unique to this book are Big Bowls, which provides complete meals containing a protein, a grain or starch, and vegetables, all served in a bowl. What could be easier? Perhaps the special chapter Pantry Makes Perfect – super-simple recipes made entirely from pantry ingredients, including Pantry Paella, Pantry Burgers, and Quick Cornbread.

You will also find hearty soups and stews, meal-worthy sandwichessuch as Tonkatsu Tacos and Sloppy Jacks, and skillet dishes such as Fiery Korean Stir-Fry, Black Beans and Spinach with Tomato-Avocado Salsa, andChickpeas Nicoise.

The book also features pasta dishes like Jamaican Rasta Pasta, Fire and Ice Sesame Noodles, and Sicilian Pasta with Chard and Walnuts. There is also a section devotedto make-ahead bakes including Pretzel-Topped Mustard Mac UnCheese and Mediterranean Vegetable Strudel, as well as several quick-fix desserts such as Mango Fried Rice Pudding, Baklava Palmiers, and Peach Melba Crisp.

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Derek Clancy:

This More Quick-Fix Vegan: Simple, Delicious Recipes in 30 Minutes or Less is great guide for you because the content that is certainly full of information for you who always deal with world and still have to make

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