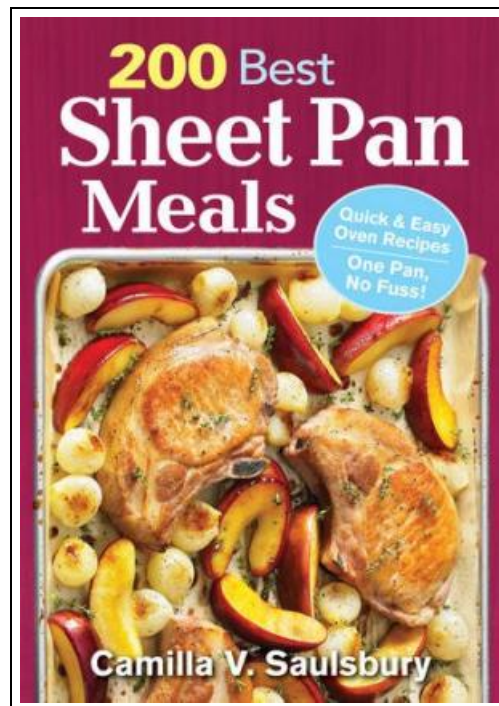


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ROBERT ROSE INC, Canada, 2016. Paperback. Condition: New. Language: English . Brand New Book. Sheet pan meals are as easy as one-pot meals. This book show how to make great meals more conveniently using a single sheet pan, or baking tray. These 200 recipes allow for individual ingredients to intensify flavours, and clean up is a breeze. Most of the recipes take very little time to prepare and the results are extraordinary, making weeknight meals easy for the cook and delicious for all. All that is needed is a sheet pan or baking tray, an oven and expert instructions and recipes from Camilla Saulsbury for creating some of these extraordinary meals (and desserts). The chapters are: * The 25 Extra-Simple Pantry Meals - Green Eggs and Ham Strata, Pesto Chicken Thighs with Roasted Baby Carrots, Oven-Fried Rice and Flatbread Mini Pizzas; * The Meatless Main Dishes - vegetarian and vegan favourites like Persian Rice-Stuffed Butternut Squash, Chilli-Glazed Tofu with Asparagus Rice and Frittata; * Great fish and seafood main dishes include Coconut Lime Fish and Roasted Plantains; * For poultry dishes, Rosemary Chicken with Balsamic-Roasted Brussel Sprouts or Dijon Chicken with Crisp Parsnip Fries give humble chicken a whole new twist; * The sweets with a simple sheet pan are simply sumptuous - from Chewy Coconut Trail Mix Bars and Sour Cream Vanilla Pound Cake to Cinnamon Sugar Filo Fruit Crisp. 200 Best Sheet Pan Meals is simple, fast, and ideal for any home cook pressed for time.



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