



## Quick. Easy. Healthy.: Good Food Every Day

*Callum Hann, Themis Chryssidis*

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The first cooking class ever conducted by Callum Hann and Themis Chryssidis at their cooking school, 'Sprout', was called Quick, Easy & Healthy, and to this day it remains their most popular course. Why? Because it is what people want. Good, healthy food with limited effort. Achievable food that people are happy to serve to their family on any given weeknight. Callum and Themis present over 70 simple, quick and convenient recipes for fresh, healthy, flavoursome food. Dishes that use easy to find, seasonal ingredients; that represent good value for money; and which require minimal preparation and clean-up time. Nutritional information is given for every recipe. The book is divided into four seasonal chapters, each with a collection of recipes using readily available ingredients in season, with suggestions for variations and substitute ingredients.

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