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Everyday Spice: The Heart-healthy Way to Make Your Favourite Dishes

By British Heart Foundation

Simon & Schuster Ltd. Hardback. Book Condition: new. BRAND NEW, Everyday Spice: The Heart-healthy Way to Make Your Favourite Dishes, British Heart Foundation, Give in to temptation and enjoy these palate-tingling curries, aromatic salads and feisty stir-fries that prove that flavour does not have to be off the menu if you have a heart condition. This book brings you a delicious selection of the world's best spice-infused cooking , with 60 recipes adapted to be as good for your heart as they are for your appetite. Spice up your mealtimes with rich, vibrantly flavoured dishes, from comforting Indian classics such as chicken tikka masala and biriyani, West Indian favourites such as Jamaican jerk prawns or chicken, curry goat and rice and peas, and Far Eastern specialities like stir-fried beef, to more modern delicacies such as jewelled cous cous salad and Thai sweet chilli chicken wraps. This book is full of exotic dishes bursting with complex, exciting flavours.

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