

pinch of nom quick and easy

pinch of nom quick and easy recipes have revolutionized home cooking by offering delicious, wholesome meals that can be prepared in a fraction of the time compared to traditional recipes. Whether you're a busy parent, a working professional, or simply someone who loves to whip up tasty dishes without spending hours in the kitchen, Pinch of Nom provides a fantastic collection of quick and easy recipes that don't compromise on flavor. In this comprehensive guide, we will explore everything you need to know about Pinch of Nom's quick and easy culinary delights, including popular recipes, cooking tips, nutritional benefits, and how to make the most of these time-saving meals.

What is Pinch of Nom?

Pinch of Nom is a popular food blog and brand founded by Kate Allinson and Kay Featherstone. Known for their approachable and budget-friendly recipes, they focus on creating meals that are both healthy and satisfying. Their recipes have gained a massive following due to their simplicity, flavor, and the ability to prepare dishes that fit into a busy lifestyle. The brand has expanded beyond the blog into cookbooks, meal plans, and a vibrant online community.

The Philosophy Behind Pinch of Nom

- Healthy Eating: Emphasis on nutritious ingredients.
- Ease of Preparation: Recipes designed for quick and simple cooking.
- Affordability: Budget-friendly meals suitable for everyday cooking.
- Flavorful Results: Delicious dishes that keep taste at the forefront.

Why Choose Pinch of Nom for Quick and Easy Meals?

Choosing Pinch of Nom quick and easy recipes offers numerous benefits, especially for those juggling multiple responsibilities or seeking healthier options without the hassle.

Key Benefits

- Time-Saving: Most recipes can be prepared in under 30 minutes.
- Minimal Ingredients: Many dishes require fewer ingredients, making shopping and prep easier.
- Versatile: Suitable for breakfast, lunch, dinner, and snacks.
- Healthy Options: Many recipes are calorie-controlled or tailored to specific dietary needs.
- Family-Friendly: Recipes that appeal to both adults and children.

Popular Pinch of Nom Quick and Easy Recipes

Below, we highlight some of the most loved quick and easy recipes from Pinch of Nom, perfect for busy weeknights or when you need a satisfying meal in a hurry.

1. Slimming Chicken Curry

Preparation Time: 20-25 minutes

Servings: 4

This flavorful chicken curry uses simple ingredients like chicken breasts, curry powder, and vegetables, cooked to perfection in a matter of minutes. Serve with rice or naan for a complete meal.

Ingredients:

- Chicken breasts, diced
- Onion, chopped
- Garlic, minced
- Curry powder
- Low-fat yogurt
- Mixed vegetables (peas, carrots, etc.)
- Olive oil
- Salt and pepper

Cooking Steps:

1. Sauté onions and garlic in olive oil until translucent.
2. Add diced chicken and cook until browned.
3. Stir in curry powder and cook for 1 minute.
4. Add vegetables and cook for another 5 minutes.
5. Mix in low-fat yogurt, season, and simmer for 10 minutes.
6. Serve hot with rice or bread.

2. Speedy Beef Stir-Fry

Preparation Time: 15 minutes

Servings: 4

A quick, protein-packed meal that's perfect for busy evenings. Use lean beef strips and your favorite vegetables for a customizable stir-fry.

Ingredients:

- Lean beef strips
- Mixed stir-fry vegetables
- Soy sauce
- Garlic and ginger
- Cornflour (optional, for thickening)
- Sesame oil or spray oil

Cooking Steps:

1. Marinate beef with soy sauce, garlic, and ginger for 5 minutes.
2. Heat a wok or large frying pan with a little sesame oil.
3. Cook beef until browned, then remove and set aside.
4. Add vegetables to the pan and stir-fry until tender.
5. Return beef to the pan, add a splash of soy sauce, and cook for another 2 minutes.
6. Serve immediately with rice or noodles.

3. Quick Veggie Omelette

Preparation Time: 10 minutes

Servings: 2

A nutritious breakfast or light meal that can be made in minutes using whatever vegetables you have on hand.

Ingredients:

- Eggs
- Mixed vegetables (bell peppers, spinach, mushrooms)
- Salt and pepper
- Cooking spray or a teaspoon of oil
- Cheese (optional)

Cooking Steps:

1. Beat eggs with salt and pepper.
2. Sauté vegetables in a non-stick pan until tender.
3. Pour eggs over vegetables and cook until set.
4. Add cheese if desired, fold, and serve warm.

Tips for Making Pinch of Nom Quick and Easy Recipes Even Faster

To maximize efficiency and save even more time, consider these handy tips:

1. Prep Ingredients in Advance

- Chop vegetables and portion proteins ahead of time.
- Store pre-cut ingredients in airtight containers in the fridge.

2. Use Time-Saving Kitchen Gadgets

- Invest in a food processor for quick chopping.

- Use a microwave for rapid cooking or reheating.

3. Keep Staples Stocked

- Always have essential ingredients like spices, canned goods, and frozen vegetables on hand.

4. Batch Cook and Freeze

- Prepare larger quantities of meals and freeze portions for busy days.

5. Simplify Recipes

- Stick to recipes with minimal steps and easy-to-find ingredients.

Nutrition and Health Benefits of Pinch of Nom Quick and Easy Recipes

One of the core principles of Pinch of Nom is creating meals that are not only quick and tasty but also nutritious.

Nutritional Highlights

- **Calorie Control:** Many recipes are designed to be lower in calories, aiding weight management.
- **High in Protein:** Ensures satiety and muscle maintenance.
- **Rich in Vegetables:** Promotes vitamins, minerals, and fiber intake.
- **Low Fat:** Uses cooking methods and ingredients that reduce unnecessary fats.
- **Diet-Friendly:** Suitable for various dietary preferences, including slimming plans, low-carb, and vegetarian options.

Benefits

- Supports weight loss or maintenance.
- Boosts energy levels.
- Improves overall health with balanced meals.

Where to Find Pinch of Nom Quick and Easy Recipes

You can access a wealth of Pinch of Nom quick and easy recipes through various platforms:

- Official Website: The Pinch of Nom website features a dedicated section for quick and easy dishes.
- Cookbooks: Their bestselling books, such as Pinch of Nom: The Family Cookbook and Pinch of Nom: Quick & Easy, contain numerous time-saving recipes.
- Social Media: Follow their Instagram and Facebook pages for daily inspiration.
- Food Apps: Many recipes are available on popular cooking apps and platforms.

Conclusion

Pinch of Nom quick and easy recipes are a game-changer for anyone seeking delicious, healthy meals that can be prepared in a flash. From hearty curries and stir-fries to simple omelettes and salads, the versatility and simplicity of these recipes make them perfect for busy lifestyles. By incorporating these tips and recipes into your routine, you can enjoy nutritious, flavorful meals without spending hours in the kitchen. Embrace the Pinch of Nom philosophy and transform your cooking experience—fast, easy, and tasty!

Start exploring Pinch of Nom's quick and easy recipes today and enjoy stress-free, wholesome meals every day!

Frequently Asked Questions

What is the 'Pinch of Nom Quick and Easy' cookbook?

It's a cookbook by the Pinch of Nom brand that features simple, quick, and delicious recipes designed for busy lifestyles.

Are the recipes in 'Pinch of Nom Quick and Easy' suitable for beginners?

Yes, the recipes are straightforward with easy-to-follow instructions, making them perfect for beginners.

Can I find healthy options in the 'Pinch of Nom Quick and Easy' cookbook?

Absolutely! The cookbook emphasizes healthier ingredients and balanced meals that are quick to prepare.

Does 'Pinch of Nom Quick and Easy' include vegetarian or vegan recipes?

While many recipes are meat-based, the cookbook also features vegetarian options; vegan recipes are limited but may be available in some editions.

Are the recipes in 'Pinch of Nom Quick and Easy' suitable for meal prepping?

Yes, many recipes are designed to be easily meal prepped and stored for later use.

What are some popular recipes from 'Pinch of Nom Quick and Easy'?

Popular recipes include quick chicken stir-fry, speedy pasta dishes, and easy soups like tomato and basil.

Is the 'Pinch of Nom Quick and Easy' cookbook available in digital formats?

Yes, it is available as an e-book and can also be accessed through various digital platforms.

How does 'Pinch of Nom Quick and Easy' help with calorie control?

The cookbook provides calorie information for each recipe, helping you make healthier, portion-controlled meals quickly.

Additional Resources

Pinch of Nom Quick and Easy has rapidly become a household name among those seeking delicious, nutritious, and speedy recipes. Known for its user-friendly approach to healthy eating, this culinary brand has struck a chord with busy individuals, families, and anyone eager to enjoy home-cooked meals without spending hours in the kitchen. The "Quick and Easy" aspect emphasizes simplicity and speed, catering to the modern lifestyle where time is often the most precious commodity. This article offers an in-depth exploration of what makes Pinch of Nom's "Quick and Easy" offerings so appealing, analyzing their recipe philosophy, nutritional considerations, practical tips for home cooks, and the broader influence on contemporary meal planning.

Understanding the Pinch of Nom Brand and Its Philosophy

Origins and Growth

Pinch of Nom was founded by Kate Allinson and Kay Featherstone, two passionate cooks who shared a vision of making healthy, flavorful food accessible to everyone. Launched initially as a food blog, the brand quickly gained popularity due to its emphasis on slimming-friendly recipes that don't compromise on taste. Their first cookbook, *Pinch of Nom*, became a bestseller, cementing their reputation as champions of practical, health-conscious

cooking.

The "Quick and Easy" subset emerged as a response to the busy lifestyles of their audience. Recognizing that many people struggle to find time for elaborate cooking, the duo curated a collection of recipes that could be prepared in 30 minutes or less, with minimal ingredients and straightforward techniques. This approach democratized healthy eating, breaking down barriers of complexity and time constraints.

Core Principles

The philosophy behind Pinch of Nom's "Quick and Easy" recipes rests on several key principles:

- **Simplicity:** Using everyday ingredients and simple techniques.
- **Speed:** Recipes designed to be prepared within a short time frame.
- **Flavor:** Maintaining bold, satisfying flavors despite simplicity.
- **Health-consciousness:** Focusing on recipes that are lower in calories, fat, and sugar, aligning with weight management and wellness goals.
- **Inclusivity:** Catering to various dietary preferences and restrictions, including vegetarian options.

This combination of principles makes Pinch of Nom a go-to resource for those who want healthy, tasty meals without the fuss.

Menu and Recipe Highlights of Pinch of Nom Quick and Easy

Popular Recipes and Their Features

The "Quick and Easy" collection encompasses a wide array of dishes, spanning breakfast, lunch, dinner, and snacks. Notable features include:

- **One-Pot and One-Pan Meals:** Designed to minimize cleanup and preparation time.
- **Use of Common Ingredients:** Staples like chicken, fish, vegetables, pasta, and rice form the backbone of many recipes.
- **Low-Prep Techniques:** Recipes often involve minimal chopping or complex steps.
- **Versatile Flavors:** Incorporating global cuisines, from Mediterranean to Asian-inspired dishes.

Some standout recipes include:

- **Speedy Chicken Stir-Fry:** A colorful, nutrient-rich dish with vegetables and lean chicken, ready in 15 minutes.
- **Slimming Beef Chilli:** A hearty, flavorful chili using lean beef and beans, prepared quickly and easily.
- **Vegetable Frittata:** An ideal breakfast or light dinner, requiring minimal prep and cooking time.
- **Low-Calorie Pasta Primavera:** A light, veggie-packed pasta dish that can be whipped up in under 20 minutes.

Meal Planning and Batch Cooking

Pinch of Nom emphasizes not just individual recipes but also planning strategies:

- Preparing ingredients in advance.
- Freezing portions for quick future meals.
- Using leftovers creatively to reduce cooking time.

This strategic approach encourages sustainable healthy eating habits, making "quick" synonymous with "efficient."

Nutrition and Health Benefits

Calorie Control and Portion Sizes

One of the key appeals of Pinch of Nom's recipes is their focus on calorie-conscious cooking. Each recipe is designed with weight management in mind, providing clear nutritional information and portion guidance. By controlling ingredients and cooking methods, the recipes help individuals maintain calorie deficits or balance their intake, supporting weight loss or maintenance goals.

Reduced Fat and Sugar

A hallmark of the "Quick and Easy" recipes is their lower fat and sugar content compared to traditional comfort foods. For example:

- Using cooking spray instead of oil.
- Incorporating natural sweetness from vegetables instead of added sugars.
- Swapping high-fat ingredients with leaner options.

Balancing Macronutrients

While the focus is on calorie reduction, the recipes also aim for balance:

- Including adequate protein to promote satiety.
- Incorporating fiber-rich vegetables and whole grains.
- Limiting processed ingredients.

This nutritional strategy supports sustained energy levels and overall well-being.

Addressing Dietary Restrictions

Pinch of Nom's recipes are adaptable, with vegetarian and vegan options available. The brand also provides guidance on ingredient swaps to cater to gluten-free or dairy-free diets, making their recipes inclusive.

Practical Tips for Home Cooks Using Pinch of Nom Quick and Easy

Efficient Shopping and Ingredient Management

To maximize the benefits of Pinch of Nom recipes:

- Keep a well-stocked pantry with essentials like canned tomatoes, herbs, spices, and grains.
- Prepare and portion ingredients in advance during weekends.
- Use frozen vegetables to save prep time and extend shelf life.

Streamlining Cooking Processes

- Invest in good quality non-stick pans and cookware for faster cooking.
- Use microwave or oven for reheating or cooking certain ingredients.
- Batch cook and freeze meals for busy days.

Customization and Creativity

While recipes are designed to be quick and straightforward, home cooks can:

- Add extra vegetables or spices to enhance flavor.
- Switch proteins based on availability and preference.
- Experiment with different herbs and seasonings to diversify flavors.

Meal Planning and Time Management

- Plan weekly menus using Pinch of Nom recipes.
- Prepare ingredients ahead of time to reduce cooking duration.
- Incorporate leftovers into new meals to save time and reduce waste.

Impact on Modern Cooking and Meal Culture

Changing the Narrative Around Healthy Eating

Pinch of Nom has contributed to shifting perceptions that healthy, slimming-friendly meals must be complicated or bland. Their "Quick and Easy" recipes demonstrate that nutritious food can be both satisfying and fast to prepare, encouraging more people to adopt healthier habits.

Influence on Food Blogging and Publishing

Their success has inspired countless bloggers and cookbook authors to prioritize speed and simplicity in their recipes, fostering a broader movement towards accessible healthy cooking. The brand's digital presence, including social media and online communities, emphasizes community support and sharing tips.

Supporting Busy Lifestyles

In an era of hectic schedules, the demand for quick, nutritious meals continues to grow. Pinch of Nom's approach aligns with contemporary needs, emphasizing convenience without sacrificing quality. This model appeals particularly to working professionals, parents, and students.

Environmental and Sustainability Considerations

By promoting batch cooking, ingredient management, and the use of affordable, seasonal produce, Pinch of Nom also contributes indirectly to sustainable eating practices. Reducing food waste and prioritizing economical ingredients aligns with eco-conscious values.

Criticisms and Areas for Improvement

While the "Pinch of Nom Quick and Easy" concept is widely praised, some critiques include:

- Potential Over-simplification: Some argue that recipes may lack depth or culinary complexity.
- Portion Control Challenges: Without careful attention, quick meals could lead to overeating.
- Ingredient Limitations: Reliance on certain staples might not encourage diverse or international cuisine exploration.
- Nutritional Balance: Though calorie-conscious, some recipes may need more focus on micronutrient diversity.

Addressing these concerns involves encouraging home cooks to experiment and adapt recipes, ensuring nutritional variety and culinary enjoyment.

Conclusion: The Future of Pinch of Nom Quick and Easy

Pinch of Nom's "Quick and Easy" offerings exemplify a pragmatic approach to healthy living in a fast-paced world. By blending simplicity, flavor, and nutritional mindfulness, they empower individuals to take control of their diets without sacrificing time or taste. As the brand continues to evolve through new cookbooks, online content, and community engagement, its influence on modern cooking culture is likely to deepen.

The core value remains clear: good food doesn't have to be complicated or time-consuming. Instead, it can be accessible, enjoyable, and nourishing—qualities that resonate profoundly in today's health-conscious, busy society. Whether you're a seasoned home cook or a beginner, Pinch of Nom's "Quick and Easy" recipes offer a practical pathway to healthier eating habits, one delicious meal at a time.

Pinch Of Nom Quick And Easy

pinch of nom quick and easy: *Pinch of Nom Quick & Easy* Kay Featherstone, Catherine (Kate) Allinson, Kate Allinson, 2020-12-08 Simple and fast slimming recipes from Kate Allinson and Kay Featherstone, authors of Pinch of Nom, the fastest-selling cookbook of all time. Featuring four-ingredient dishes, one-pot family favourites, big batch basics, and speedy sweet treats, Pinch of Nom Quick and Easy is full of everyday recipes with simple methods and massive flavour. As always with Pinch of Nom, the food tastes so good you won't guess the low calorie count. The dishes are guaranteed to fill you up and keep you satisfied for longer. Every recipe has been carefully tried and tested, featuring easy-to-source ingredients. To be completely accessible the recipes don't include diet points, and are compatible with the principles of the UK's most popular diet programmes. 'These fast, healthy recipes are so easy and made with simple-to-find ingredients. We're so proud of this food that the whole family can enjoy together.' - Kate & Kay

pinch of nom quick and easy: Pinch of Nom Kate Allinson, Kay Featherstone, 2020-04-28 You'll never know it's diet food. The internationally bestselling, must-have cookbook from the UK's most popular food blog, Americanized for a US audience! For breakfast, lunch, dinner, and desserts, Kate Allinson and Kay Featherstone's pinchofnom.com has helped millions of people cook delicious food and lose weight. With over 100 incredible recipes, the Pinch of Nom cookbook can help beginner and experienced home-cooks alike enjoy exciting, flavorful, and satisfying meals. From Chicken Fajita Pie and Vegetable Tagine to Cheesecake Stuffed Strawberries and Tiramisu, this food is so good you'll never guess the calorie count. Each recipe is labeled with icons to guide you toward the ones to eat tonight—whether you're looking for a vegetarian dish, hoping to create a takeout meal, want to feed a family of four or more, or have limited time to shop, prep, and cook. Pinch of Nom is the go-to home cookbook for mouthwatering meals that work for readers on diet plans like Weight Watchers, counting carbs and calories, or following any other goal-oriented eating program.

pinch of nom quick and easy: Pinch of Nom Air Fryer: Easy, Slimming Meals Kay Allinson, Kate Allinson, 2024-06-20 THE AIR FRYER BOOK - FROM PINCH OF NOM 5-million copy bestselling authors, Pinch of Nom, are back with the brand-new book everyone has been asking for: super-easy, calorie-counted and utterly delicious air fryer recipes. This is everything you love about Nom - fuss-free, comforting recipes that work every time - for one of the most time-saving and energy-efficient items in our kitchen. With brand-new recipes and Nom's classic and most-popular dishes made perfect for air frying, this stunning book will revolutionise your everyday meals saving you time, money and hassle. * All recipes triple tested * Photo for every recipe * Prep and cook times * Easy-to-find ingredients * Meals in under 30 minutes With speedy lunches, satisfying fakeaways, weekday dinners and weekend meals, foolproof roasts and sweet treats, Pinch of Nom's trademark big flavours create dishes that everyone will love - whether you're new to air frying or searching for tasty new ideas, and whether you are watching your waistline or not.

pinch of nom quick and easy: Pinch of Nom Express Kay Allinson, Kate Allinson, 2023-12-07 Quick cooking times. Minimal prep. Simple methods. Ideas for air fryers and slow cookers. One hundred speedy, delicious and slimming-friendly recipes from Pinch of Nom. This gorgeous, full-colour cookbook contains one hundred super-fast, super-easy recipes designed to fit around busy everyday life. From satisfying breakfasts and tasty fakeaways to big one-dish roasts and indulgent puds, this book features all the incredibly delicious and hearty food you've come to expect from bestselling authors, Kate and Kay Allinson - but with an Express twist. Whether you're looking for family-friendly recipes that take twenty minutes to cook, or want to let your oven, slow cooker or air fryer do all the work - there are options here for every style and routine.

pinch of nom quick and easy: Pinch of Nom Comfort Food Kay Allinson, Kate Allinson, 2021-12-09 More than a hundred hearty, easy and slimming recipes from Kate Allinson and Kay Featherstone, authors of the bestselling Pinch of Nom series. From satisfying savoury dishes to indulgent desserts, Pinch of Nom Comfort Food is packed with slimming-friendly, delicious dishes

that will keep you and your loved ones happy and healthy. From lazy weekend breakfasts to filling mains and warming puddings, this book is brimming with tasty meals that are easy to make. Many of the dishes have alternative cooking methods, so you can choose whether to cook in the oven, slow cooker or pressure cooker, depending on your schedule. From Katsu Chicken Bites, Steak and Chips Pie and Cheesy Aubergine Bake to Slow Cooker Stroganoff, Halloumi Couscous Burgers and Millionaire Shortbread, you'll be spoilt for choice on what to cook first. Feeling adventurous? Try Danger Dogs! Need a sweet and fruity fix? Cherry Pie ticks all the boxes. Featuring Pinch of Nom's trademark big flavours, these recipes use easy-to-find ingredients to create dishes that everyone will love - whether they're watching their waistline or not.

pinch of nom quick and easy: Pinch of Nom Everyday Light Kay Allinson, Kate Allinson, 2019-12-12 100 delicious recipes - all under 400 calories - from the authors of Pinch of Nom, the fastest-selling cookbook of all time. Great-tasting recipes. Hassle-free slimming. Featuring proper breakfasts, light takes on family favourites, cheeky fakeaways and speedy midweek meals, Pinch of Nom Everyday Light is full of hearty, everyday recipes - nearly half of which are vegetarian. From Fish and Chips to Pizza Loaded Fries, Sloppy Dogs to Firecracker Prawns, and Hash Brown Breakfast Bake to Crying Tiger Beef, every recipe is under 400 calories including accompaniments, and has been tried and tested by twenty Pinch of Nom community members. 'These tasty, healthy recipes are so easy and made with simple-to-find ingredients. We're so proud of this food that the whole family can enjoy together. We hope you like making the dishes, but mostly we hope you love eating them!' - Kate & Kay

pinch of nom quick and easy: Pinch of Nom Slow Cooker Kate Allinson, Kay Allinson, 2025-09-25 Delicious calorie-counted meals that (almost) make themselves. The number 1 bestselling food writers and chefs, Pinch of Nom offer 100 brand-new slimming and tasty slow-cooker dishes that fit into your life. Kate and Kay offer exciting new ideas for your trusted energy-and-time-saving appliance. These are fix-it-and-forget-it recipes to get dinner sorted so you can enjoy your day: everyday ingredients and quick prep, then proper home-cooked food, ready when you are. Filled with indulgent-yet-healthier fakeaways such as Creamy Cashew Nut Chicken, Kofta Casserole, Peanut Butter Beef Noodles, Greek-style Chicken Flatbreads and Cheesy Deep Dish Pizza - you'll find dishes you wouldn't expect from your slow cooker: Lamb Tacos - Hot and Spicy Chicken Rice Bowl - Teriyaki Salmon Noodles - Paprika Meatballs - Sticky Bangers - Ham, Spinach and Ricotta Lasagne - Strawberry Cheesecake - Spiced Apple Buns. * All recipes triple tested * Every recipe calorie counted * Photo for every recipe * 5-, 10- and 15-minute prep times * High and low cook times * Fakeaways and freezer bag recipes * Easy-to-find ingredients Slow Cooker is one of Pinch of Nom's most requested books ever, and these indulgent and satisfying meals are well worth the wait.

pinch of nom quick and easy: Pinch of Nom Food Planner: Quick and Easy Kate Allinson, Kay Featherstone, Laura Davis, 2022-01-04 Staying on track has never been easier. This three-month companion from the million-copy bestselling authors of Pinch of Nom--complete with twenty-six exclusive Pinch of Nom recipes--gives you everything you need to chart diet progress, cook brand-new favorites, and reach your goals. With a vibrant style and a handy ring-bound format, as well as gorgeous Nom stickers and tear-out pages for shopping lists, this planner is easily adaptable to your personal slimming guidelines. The twenty-six exclusive recipes are all super easy and super quick to make--and they are all delicious, packed with flavor, and designed to keep you full and satisfied. There is so much room to plan and celebrate your achievements. Beautifully designed and illustrated with line drawings and motivational tips, the diet diary-style planner doesn't have any photos of the recipes--you can find them on the Pinch of Nom website--which gives you more pages for writing up your goals and food plans. Whether you want to keep track of calories, jot down your shopping lists, record healthy treats, or celebrate key achievements, this book is designed to help you stay organized and motivated.

pinch of nom quick and easy: All Consuming Ruby Tandoh, 2025-09-04 'Entertaining, alarming, illuminating, alive' NIGELLA LAWSON 'Brilliant and original' NIGEL SLATER 'A

fascinating, sometimes shocking, eye-opener that is also brilliantly funny' CLAUDIA RODEN 'Ruby is a rare and singular voice. I loved this book' ANNA JONES The iconic New Yorker and Vittles food writer asks: Why do we eat the way we eat now? Being into food - following and making it, queuing for it and discussing it - is no longer a subculture. It's become mass culture. The food landscape is more expansive and dizzying by the day. Recipes, once passed from hand to hand, now flood newspaper supplements and social media. Our tastes are engineered in food factories, hacked by supermarkets and influenced by Instagram reels. Ruby Tandoh's startlingly original analysis traces this extraordinary transformation over the past seventy-five years, making sense of this electrifying new era by examining the social, economic, and technological forces shaping the foods we hunger for today. Exploring the evolution of the cookbook and light-speed growth of bubble tea, the advent of TikTok critics and absurdities of the perfect dinner party, Tandoh's laser-sharp investigation leaves her questioning: how much are our tastes, in fact, our own? Discover All Consuming Bubble Tea | Critics | Recipes | Martha Stewart | Mob | Fast food | Hype queues | Nara Smith | Tiktok | Viennetta | Weekend supplements | Wife Guys | Cult Cookbooks | Lobster | Influencers | Wellness elixirs | Entertaining | Keith Lee | Wimpy with Ruby Tandoh this autumn.

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pinch of nom quick and easy: Pinch of Nom Budget Kate Allinson and Kay Allinson, 2023-09-26 Recipes you'll love - that won't break the bank. Seventy-five incredibly tasty, satisfying and low-cost recipes from the authors of the bestselling Pinch of Nom series. Pinch of Nom Budget is bursting with slimming-friendly meals and desserts that bring all the flavour for a fraction of the cost. From cheeky fakeaways and hearty one-pan meals to mouthwatering sweet treats, this food feels so indulgent that you'd never guess it's also wallet friendly. There are simple methods for air fryers, slow cookers and electric pressure cookers, giving you loads of flexibility. Thanks to bold flavours, delicious recipes and affordable ingredients, Pinch of Nom Budget has your mealtimes sorted. 'By reinventing old favourites, trying classic flavours in new ways and making the most of our store cupboard, we've put together our most affordable collection of recipes yet. We hope that this book helps to make life a bit easier for you, with recipes that you look forward to eating every day.' - Kate & Kay Allinson

pinch of nom quick and easy: Quick and Easy Notebook Reference Hammond World Atlas Corporation, 2006-04 The all-new Quick and Easy Notebook Reference is two essential reference tools in one. An incredible value, this atlas and dictionary combination comes 3-hole punched to slip easily into a 3-ring binder. It features 32 pages of full colour, physical and political maps with an easy-to-use index, a colourful chart of flags plus a complete, reliable Webster English dictionary. Perfect for classroom, home or office. The Atlas: Full-colour, digitized political world maps. World flags and reference guide. Easy-to-use world index. Completely up-to-date The Dictionary: Over 17,000 words and phrases. Over 14,000 definitions and synonyms. Scientific, technical and business terms. Table of weights and measures

pinch of nom quick and easy: Ready or Not! Michelle Tam, Henry Fong, 2017-08-01 You know how it is: some days, you're fired up and ready to cook; other days, you dread the thought of making dinner. More often than not, you find yourself floating somewhere between inspiration and desperation. What's a crazy busy (but kind of lazy) home cook to do? The answer: pick up this book. Ready or Not makes healthy Paleo home cooking a breeze, no matter if there's time to prepare or just minutes to spare. Whether you're a fastidious planner or a last-minute improviser, you'll find plenty of deliciously nourishing options, from make-ahead feasts to lightning-fast leftover makeovers. Presented in Nom Nom Paleo's deliriously fun comic book style, Ready or Not makes Paleo cooking easy, no matter how much time you have. In fact, this cookbook is organized into color-coded sections to match your readiness level: GET SET! First, stock your kitchen with essential building blocks—from store-bought necessities to D.I.Y. ingredients that'll set you up for anytime cooking. READY! Got time to cook? Turn to these recipes for make-ahead meals and spectacular dishes like Pressure Cooker Bo Ssäm and Strawberry Almond Semifreddo! KINDA READY! Learn

how to transform pantry staples and leftovers into impromptu meals that'll satisfy the most discriminating palates. NOT READY! Emergency meals can be delicious, too. In this section, you'll find super-fast recipes like savory stir-fries and sheet pan suppers. Along with colorfully written and gorgeously photographed step-by-step recipes presented in a cheeky cartoon format, Ready or Not features kitchen hacks, Paleo ingredient guides, meal plans, shopping lists and more!

pinch of nom quick and easy: Entick's New Spelling Dictionary, Comprehending a copious and accented vocabulary of the English language. With full, clear, and authentic explanations William Crakelt, 1788

pinch of nom quick and easy: Searching for Japan Michele Monserrati, 2020-03-27 This book pursues the specific case of Italian travel narratives in the Far East, through a focus on the experience of Japan in works by writers who visited the Land of the Rising Sun beginning in the Meiji period (1868-1912) and during the concomitant opening of Japan's relations with the West. Drawing from the fields of Postcolonial and Transnational Studies, analysis of these texts explores one central question: what does it mean to imagine Japanese culture as contributing to Italian culture? Each author shares in common an attempt to disrupt ideas about dichotomies and unbalanced power relationships between East and West. Proposing the notion of 'relational Orientalism,' this book suggests that Italian travelogues to Japan, in many cases, pursued the goal of building imaginary transnational communities, predicated on commonalities and integration, by claiming what they perceived as 'Oriental' as their own. In contrast with a long history of Western representations of Japan as inferior and irrational, *Searching for Japan* identifies a positive overarching attitude toward the Far East country in modern Italian culture. Expanding the horizon of Italian transnational networks, normally situated within the Southern European region, this book reinstates the existence of an alternative Euro-Asian axis, operating across Italian history.

pinch of nom quick and easy: *Pinch of Nom Air Fryer: Easy, Slimming Meals* Kate and Kay Allinson, 2024-09-24 THE AIR FRYER BOOK - FROM PINCH OF NOM 5-million copy bestselling authors, Pinch of Nom, are back with the brand-new book everyone has been asking for: super-easy, calorie-counted and utterly delicious air fryer recipes. This is everything you love about Nom - fuss-free, comforting recipes that work every time - for one of the most time-saving and energy-efficient items in our kitchen. With brand-new recipes and Nom's classic and most-popular dishes made perfect for air frying, this stunning book will revolutionise your everyday meals saving you time, money and hassle. * All recipes triple tested * Photo for every recipe * Prep and cook times * Easy-to-find ingredients * Meals in under 30 minutes With speedy lunches, satisfying fakeaways, weekday dinners and weekend meals, foolproof roasts and sweet treats, Pinch of Nom's trademark big flavours create dishes that everyone will love - whether you're new to air frying or searching for tasty new ideas, and whether you are watching your waistline or not.

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