

File Type PDF  
Quick Easy  
Halogen Oven  
Quick  
Recipes For One  
Easy  
Halogen  
Oven  
Recipes  
For One  
Person

*The Everyday*

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Halogen Oven

Recipes For One

Person

*Halogen Oven  
Cookbook Quick,  
Easy and Nutritious  
Recipes for All the  
Family How to Books  
The halogen oven is  
a remarkable  
revolution in  
cooking, a cooker  
that can be used on  
the table top,  
plugged into an*

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Halogen Oven

*ordinary socket,  
which can even be*

*taken on camping*

*and road trips. It*

*works by converting*

*electrical energy*

*into intense heat,*

*and uses infrared*

*waves and a fan to*

*circulate the heat.*

*This means food is*

*ready in half the*

File Type PDF

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Halogen Oven

*time of a*

Recipes For One

*conventional oven,*

Person

*without the need for*

*cooking fat or oil,*

*and unlike a*

*microwave it can*

*also brown and crisp*

*your cooking. This*

*ultimate new book*

*contains all the help*

*and advice you need*

*to make the most of*

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Halogen Oven

*your halogen oven*

*and to produce*

*delicious food for*

*every occasion. All*

*the recipes are tried*

*and tested in a range*

*of halogen ovens. A*

*wide range of*

*recipes include*

*family favourites*

*such as Roast Beef*

*with Roast Potatoes,*

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*Chilli con Carne and  
Vegetable Lasagne.*

Recipes For One  
Person

*There are also  
delicious dishes for  
entertaining, such as  
Spinach and Ricotta  
Tart or Baked Fish  
with Dill Stuffing.*

*Halogen ovens are  
superb for baking,  
and here you will  
find scrumptious*

File Type PDF

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Halogen Oven

*sweet treats like*

Recipes For One

*Cheesecake with*

Person

*Summer Fruits,*

*Double Chocolate*

*Cookies, and*

*Orange and Peach*

*Drizzle Cake. Fully*

*illustrated with easy-*

*to-follow*

*photographs, this is*

*the essential guide*

*for busy cooks who*

File Type PDF

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Halogen Oven

*want to make the  
Recipes For One  
Person*

*most of their new  
oven with quick,*

*nutritious and*

*healthy dishes for*

*every day of the*

*week.*

*Beatrice Ojakangas,*

*an authority on*

*convection cooking*

*and author of more*

*than two dozen*



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*previous cookbooks,*

*Recipes For One*

*explains how to use*

*Person*  
*your convection*

*oven to achieve*

*perfect results in*

*dramatically less*

*time than with a*

*conventional oven. If*

*you own a*

*convection oven, but*

*don't really know*

*how to use it, this*

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Halogen Oven

*book is for you.*

Recipes For One

*Cooking with*

Person

*Convection supplies more than 150 great recipes for snacks and appetizers; pizza and foccacia; soups; roast beef, lamb, pork and poultry; savory pies and tarts; casseroles and pasta; vegetables;*

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Halogen Oven

*yeast breads and  
quick breads; cakes,  
cookies, pies, and*

*pastries; and much,  
much more. Try*

*Melted Onion Tart  
with Parmigiano-*

*Reggiano, Mexican  
Vegetable Tortilla*

*Soup, Tandoori  
Salmon with*

*Cucumber Sauce,*

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Halogen Oven

*Asian Spiced Roast  
Recipes For One  
Person*

*Whole Chicken, and  
Cocoa Cake with  
Easy Buttercream  
Frosting, among so  
many imaginative  
and easy dishes. You  
will learn: \*How to  
cook a whole meal in  
your oven—from  
meat to side dishes  
to dessert—all at the*

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*same time \*How to  
Recipes For One  
cook multiple*

*batches of cookies,*

*cakes, and pies on*

*three or even four*

*oven shelves \*How*

*to roast and bake in*

*a third less time than*

*in a conventional*

*oven while achieving*

*even better results*

*\*How to calculate*

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Halogen Oven  
*the correct  
temperature and  
timing for*

*convection cooking  
if you are using a  
standard recipe By  
circulating hot air  
around food,  
convection ovens  
cook and brown food  
much more quickly  
and at a lower*

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*temperature than  
conventional ovens,  
while retaining*

*food's natural  
juiciness and flavor.*

*With this book you  
will be able to save  
significant amounts  
of time and effort  
while turning out  
delicious dishes for  
everyday meals and*

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Halogen Oven

*easy entertaining.*

Recipes For One

Author of the

Person

*bestselling Everyday*

*Halogen Oven*

*Cookbook. Halogen*

*ovens are perfect*

*when cooking for*

*two as they are so*

*much cheaper to use*

*than a conventional*

*oven. Once you have*

*mastered the basics,*



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Halogen Oven

*this machine will  
change the way you  
work in your kitchen.*

*When cooking for  
two, you no longer  
have to waste energy  
heating a  
conventional oven.*

*You can create  
amazing dishes with  
the minimum of fuss,  
washing up and*

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Halogen Oven

*waste. Nutritionist  
Recipes For One  
Person*

*Sarah Flower,*

*author of best-*

*selling The Everyday*

*Halogen Oven*

*Cookbook and*

*Perfect Baking with*

*your Halogen Oven,*

*is passionate about*

*the benefits of the*

*Halogen Oven. In*

*this book she*

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*demonstrates its  
Recipes For One  
Person*

*practicalities and  
gives you recipes for  
delicious meals that  
are up to 40%*

*quicker than with  
conventional ovens.*

*As with all of  
Sarah's recipe  
books, she strives to  
create wholesome  
recipes that are*

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*simple to follow,  
easy to prepare and  
good for you. Many*

*of my readers have  
contacted me to ask  
how they could  
adapt some of the  
core recipes featured  
in The Everyday  
Halogen Oven  
Cookbook so that  
they could cook them*

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Recipes For One  
Person

*for two people. I have carefully selected some of the most popular recipes from that book and reworked them to serve two. I have also included a large number of new and exciting recipes which work really well for two - these*

File Type PDF

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*form the majority of  
the recipes in this*

*book. If you can t*

*find your favourite*

*recipe from my first*

*book in the following*

*pages but would like*

*it adapted to serve*

*two people please let*

*me know via my*

*website [http://www.s](http://www.sarahflower.co.uk/)*

*[arahflower.co.uk/](http://www.sarahflower.co.uk/)*

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*The Halogen Oven  
Everyday Cookbook*

*Halogen Oven*

*Recipes for One*

*Person*

*The Complete Big*

*Boss Air Fryer*

*Cookbook*

*Hamlyn All Colour*

*Cookbook*

*Skinny Halogen*

*Oven Cooking for*

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Halogen Oven

*One*

Recipes For One

*Quick, Easy and*

*Nutritious Recipes*

*for All the Family*

*Cooking in a*

*Halogen Oven*

**Skinny Halogen**

**Oven Cooking For**

**One Single**

**Serving,**

**Healthy, Low**

**Calorie Halogen**

**Oven Recipes**



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Recipes For One  
Under 200, 300  
and 400 Calories

Cooking with a halogen oven is the perfect way to prepare quick, healthy low calorie meals. If you are cooking for one and looking for delicious, homemade recipes that are simple

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Recipes For One

Recipe

to prepare and  
light on  
calories then  
the 'Skinny  
Halogen Oven  
Cooking For One'  
is the perfect  
choice. 'Skinny  
Halogen Oven  
Cooking For One'  
sets out over 75  
tasty single  
serving recipes  
for your halogen

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Halogen Oven

oven and all

Recipes For One

either 200, 300

or 400 calories

each. Meals can

be cooked in a

fraction of the

time of a

conventional

oven saving you

time and energy

plus by

calculating the

number of

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Recipes For One

Recipe

calories for  
each dish, we've  
made it easy for  
you to count  
your daily  
calorie intake  
too. So what are  
you waiting for?  
Get started now  
cooking tasty,  
skinny, low  
calorie halogen  
oven meals and  
discover a new

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Recipes For One

Person

way of eating  
and cooking. [www.cooknationbooks.com](http://www.cooknationbooks.com)

[www.bellmackenzie.com](http://www.bellmackenzie.com)

In Sarah

Flower's follow-up to her

bestselling *The Everyday Halogen Oven Cookbook*

she brings you another 200

delicious and

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Halogen Oven

nutritious  
Recipes For One

Person  
recipes to cook  
in your halogen

oven. Ideal for

families,

halogen ovens

are energy

efficient,

portable, space

saving, and can

cook up to 40%

faster than

conventional

ovens. They also

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Recipes For One

Person

make the perfect  
one pot cooker.

Sarah uses her  
own halpogen  
oven every day,  
whether she's  
cooking for her  
family of two  
boys or having  
friends round.  
In this book she  
shows you how to  
roast,  
grill, defrost,

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Recipes For One

Person

steam, bake and  
brown. She shows  
you, too, how by  
using the racks  
to layer our  
food you can  
cook complete  
meals from start  
to finish in  
your halogen.  
Choose from a  
lovely family  
roast with  
seasonal



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vegetables,  
Recipes For One  
right through to

your kids'

favourite burger

and potato

wedges for when

they invite

friends home for

tea.

Quick & Easy

recipes for

single serving

meals using a

Halogen Oven.

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Halogen Oven

Recipes For One

Person

Meals for the  
single people,  
who wish to cook  
with their

Halogen Oven

This book is  
packed with  
meals as well as  
general advice  
on how to use  
and maintain a  
halogen oven.

Halogen ovens  
can cook up to

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Halogen Oven

40% faster than  
conventional

ovens.

Hamlyn All

Colour Cookery:

200 Halogen Oven

Recipes

The Halogen Oven

Cookbook

Soups: Simple

and Easy Recipes

for Soup-making

Machines

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Halogen Oven

The Everyday  
Recipes For One

Cookbook

Dutch Oven

Cooking

Quick and Easy

Proven Recipes

*Healthy Halogen,*

*is a cookbook*

*aimed at cooking*

*healthy meals in*

*your Halogen*

*Oven cookbook.*

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Halogen Oven

Recipes For One

Person

*All recipes are low fat, easy to follow and best of all quick, because they can all be made using a Halogen Oven.*

*□ Master the art of convection cooking with the comprehensive guide Convection Oven Cookbook!*

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Recipes For One

Person

□ *From juicy meats to flaky pastries, your convection oven is the perfect solution for cooking food evenly and fast. But figuring out how to use your oven and what recipes to make in it can be*

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Halogen Oven

*tricky.*

Recipes For One

Person  
Cookbook

*teaches home*

*chefs everything*

*they need to*

*know to master*

*the art of*

*convection*

*cooking. Whether*

*you have a built-*

*in or countertop*

*model, with this*

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Recipes For One

Person

*convection oven  
cookbook you'll  
learn the science  
behind  
convection  
cooking and how  
these special  
ovens can make  
your favorite  
dishes even  
tastier. Then,  
combine your  
newfound*



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Recipes For One

Person

*knowledge of  
best practices  
with 85 creative,  
tasty recipes and  
see why everyone  
raves about the  
crispy, tender,  
and flavorful  
meals that  
convection ovens  
yield. The  
Convection Oven  
Cookbook*

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*includes: Recipe  
Adaptations*

*Person  
adapting*

*traditional oven*

*recipes to suit*

*convection*

*cooking, this*

*convection oven*

*cookbook is*

*suitable for built-*

*in models,*

*countertop*

*models, toaster*

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*ovens, and*

*Recipes For One*

*Person*

*Over 85 Recipes*

*servicing American*

*family favorites,*

*international*

*classics, and*

*holiday hits for*

*the ultimate*

*convection oven*

*cookbook Steps*

*for*

*success--Learn*

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Recipes For One

Person

*how each setting works and what tools you'll need to succeed with this convection oven cookbook, then use step-by-step instructions to make your first convection meal stress-free and fun. Tips and tricks--Make each*

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Recipes For One

Person

*recipe tasty and easy with helpful hacks designed to make convection cooking fast and delicious.*

*Become a fan of perfectly cooked food with*

*Convection Oven Cookbook. Wait no more! Scroll up, grab your*

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Halogen Oven  
Recipes For One  
Person

*copy today and  
change your life  
style and diet for  
good! ☐*

*Halogen ovens  
are super  
convenient,  
compact  
appliances that  
can be kept on  
your kitchen  
counter. They  
heat with a*

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Recipes For One

Person

*combination of  
infra red and  
convection to  
cook food 40%  
faster than a  
conventional  
oven - without  
any of the  
dreaded  
soggyness  
associated with  
microwaves.*

*Using a*

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Recipes For One

Person

*combination of racks you simply layer the food, set the dials and produce a whole meal from one appliance.*

*Whether it's simply defrosting a joint of meat or making a more elaborate recipe, a halogen will*



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Recipes For One

Person

*take the time and  
hassle out of all  
your favourite  
dishes. As ever  
with our popular  
Hamlyn All  
Colour series,  
you'll find 200  
delicious recipes  
with step-by-step  
instructions and  
colour  
photography to*

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Halogen Oven  
Recipes For One  
Person

*ensure perfect results every time. Why not discover how easy halogen cooking can be? Check out some of the other titles in the series: 200 5:2 Diet Recipes (ISBN 978-0-600-63347-1) 200 Cakes & Bakes*

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Recipes For One  
Person  
(ISBN 978-0-600-  
63329-7) 200

Family Slow  
Cooker Recipes  
(ISBN 978-0-600-  
63057-9) 200 One

Pot Meals (ISBN  
978-0-600-63339-  
6) 200 Pasta

Dishes (ISBN 978  
-0-600-63334-1)

200 Super Soups  
(ISBN 978-0-600-

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63343-3) 200

Recipes For One

Person

*Veggie Feasts*

*(ISBN 978-0-600-*

*63337-2)*

*This book, by*

*nutritionist Sarah*

*Flower, is packed*

*with delicious,*

*healthy and*

*simple meals as*

*well as general*

*advice on how to*

*use and maintain*

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Halogen Oven

*your Halogen  
Cooker. Halogen*

*Cookers are ideal*

*for those who live*

*alone; or for*

*cooking quick,*

*easy and*

*nutritious family*

*meals without the*

*expense of*

*heating up a*

*conventional*

*oven. With your*

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Quick Easy

Halogen Oven

*halogen oven you  
can cook up to  
40% faster than*

*with your*

*conventional*

*oven. it can be*

*used to bake,*

*grill, defrost,*

*roast, steam and*

*brown, and is the*

*perfect one pot*

*cooker. Unlike a*

*microwave, it can*

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Recipes For One

Person

*cook brown and  
crispy pastry  
dishes and jacket  
potatoes. - How  
to get the most  
from your  
halogen cooker -  
Weekly menu  
plans - Soups and  
Casseroles - Main  
Meals - Quick  
snacks - Cakes  
and desserts -*

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Recipes For One

Person

*Stockists &  
further*

*information*

*AUTHOR BIOG:*

*Sarah Flower is a  
nutritionist,*

*journalist and  
author of Live*

*More, Spend*

*Less; Eat Well,*

*Spend Less and*

*Slow Cook, Fast*

*Food. She has*



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Halogen Oven

*been a big fan of  
Halogen cookers  
since their*

*launch. As a  
mother of two,  
she uses her  
cooker every day.*

**CONTENTS:**

*Introduction 1.*

*Using Your  
Halogen Oven 2.  
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*Potatoes 4. Meat*

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Person

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Vegetarian 7.

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and Treats 9.

Meal Planner

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*Skinny Halogen*

*Oven Cooking*

*Cookbook*

*Halogen Oven*

*Family Cookbook*

*Effortless Tasty*

*Recipes for Your*

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Halogen Oven

Recipes For One

Person

*Calmdo Air Fryer  
Oven to Fry,  
Roast, Dehydrate,  
Bake and More  
200 Quick, Easy  
and Nutritious  
Recipes for Your  
Infrared, Turbo,  
Convection Oven  
The Complete  
Halogen Oven  
Cookbook  
Indian Food*

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Halogen Oven

*Made Easy*  
*Recipes For One*  
*Person*  
*Cookbook*

This book, by nutritionist Sarah Flower, is packed with delicious, healthy and simple meals as well as general advice on how to use and maintain your Halogen Cooker.

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Recipes For One

Person

Halogen Cookers are ideal for those who live alone; or for cooking quick, easy and nutritious family meals without the expense of heating up a conventional oven. With your halogen oven you can cook up to 40% faster than with your conventional oven. It

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Recipes For One

Person

can be used to bake, grill, defrost, roast, steam and brown, and is the perfect one pot cooker. Unlike a microwave, it can cook brown and crispy pastry dishes and jacket potatoes. - How to get the most from your halogen cooker - Weekly menu plans - Soups

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and Casseroles -

Recipes For One

Person - Cakes and  
desserts - Stockists &  
further information

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Family Cookbook ?

Purchase The Print

Edition & Receive A

Digital Copy FREE

Via Kindle

Matchbook ? In this

book: This book

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Recipes For One

Person

walks you through an effective and complete anti-inflammatory diet-no prior knowledge required. Learn how to shop for the right ingredients, plan your meals, batch-prep ahead of time, and even use your leftovers for other recipes.and detailed



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nutritional  
Recipes For One

Person

information for  
every recipe,

Halogen Oven

Family Cookbook is

an incredible

resource of fulfilling,

joy-inducing meals

that every home cook

will love. In addition,

2 weeks of meals-a

14-day schedule of

meals, including step-

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by-step recipes and  
shopping lists for

each, with tips on

what you can

prepare ahead of

time to get dinner or

meal on the table

faster. Let this be an

inspiration when

preparing food in

your kitchen with

your love ones for

the Holiday. It would

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Recipes For One  
Person  
be lovely to know  
your cooking story in  
the comments

sections below. Again  
remember these  
recipes are unique so  
be ready to try some  
new things. Also  
remember that the  
style of cooking used  
in this cookbook is  
effortless. I really  
hope that each book

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Recipes For One

Person

in the series will be always your best friend in your little kitchen. Well, what are you waiting for? Scroll to the top of this page and click the Add to Cart button to get your copy now!

From juicy meats to flaky pastries, your convection oven is

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Recipes For One

Person

the perfect solution for cooking food evenly and fast. But figuring out how to use your oven and what recipes to make in it can be tricky.

The Complete Convection Oven Cookbook teaches home chefs everything they need to know to master

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the art of convection cooking. With over 75 recipes, resources for all types of convection ovens, and menu-planning tips, this convection oven cookbook is your best reference for cooking with convection.

Halogen ovens are super convenient

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Person

appliances that can be kept on your kitchen counter.

They heat with a combination of infrared and convection to cook food 40% faster than a conventional oven - but unlike soggy microwaves, halogen ovens produce delicious results

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Recipes For One

Person

every time. Using a combination of racks you simply layer the food, set the dials and produce a whole meal from one appliance. Whether it's simply defrosting a delicious joint of meat or a making a more elaborate recipe, a halogen will take the time and



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Recipes For One

Person

hassle out of all of your favourite dishes. In this book you'll find simple instructions, cooking times and tips to get you started. With a fantastic range of over 100 recipes, you'll discover how easy cooking with a halogen oven can be.

Single Serving,

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Healthy, Low  
Calorie Halogen

Oven Recipes Under  
200, 300 and 400  
Calories

The Skinny Slow  
Cooker Recipe Book  
Cooking for One

Halogen Cooking  
Welcome to Halogen  
Cooking

600 Easy & Delicious  
Air Fry, Dehydrate,

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Recipes For One

Person

Roast, Bake, Reheat,

and More Recipes

for Beginners and

Advanced Users

Two Weekly Meal

Plans, Quick and

Easy Recipes to Stay

Healthy and Lose

Weight

***Skinny Halogen***

***Oven Cooking***

***Cookbo□ Purchase***

***The Print***

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Halogen Oven

Recipes For One

***Digital Copy***

***FREE Via Kindle***

***Matchbook*** □ ***In this book: This book walks you through an effective and complete anti-inflammatory diet-no prior knowledge required. Learn***

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Recipes For One

***how to shop for  
the right  
ingredients,  
plan your meals,  
batch-prepare ahead  
of time, and  
even use your  
leftovers for  
other  
recipes.and  
detailed  
nutritional  
information for  
every recipe,***

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Recipes For One

***Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love. In addition, 2 weeks of meals-a 14-day schedule of meals, including step-***

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Quick Easy

Halogen Oven

*by-step recipes  
and shopping*

*lists for each,*

*with tips on*

*what you can*

*prepare ahead of*

*time to get*

*dinner or meal*

*on the table*

*faster. Let this*

*be an*

*inspiration when*

*preparing food*

*in your kitchen*

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Recipes For One

***with your love  
ones for the  
Holiday. It  
would be lovely  
to know your  
cooking story in  
the comments  
sections below.  
Again remember  
these recipes  
are unique so be  
ready to try  
some new things.  
Also remember***



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Recipes For One

**First** *that the style*

*of cooking used*

*in this cookbook*

*is effortless. I*

*really hope that*

*each book in the*

*series will be*

*always your best*

*friend in your*

*little kitchen.*

*Well, what are*

*you waiting for?*

*Scroll to the*

*top of this page*

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Recipes For One

Person

***and click the  
Add to Cart  
button to get  
your copy now!  
Discover the joy  
of cooking for  
yourself with  
more than 160  
perfectly  
portioned, easy-  
to-execute  
recipes,  
flexible  
ingredient lists***

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Recipes For One

**to accommodate  
your pantry, and  
ideas for  
improvising to  
your taste.**

**Taking care to  
prepare a meal  
for yourself is  
a different  
experience than  
cooking for  
others. It can  
be a fun,  
casual, and (of**

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**course)**

**delicious**

**affair, but**

**there are**

**challenges, from**

**avoiding a**

**fridge full of**

**half-used**

**ingredients to**

**ending up with**

**leftovers that**

**become boring**

**after the third**

**reheat. Cooking**

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Recipes For One

For

*for one helps  
you make cooking  
for yourself  
special without  
becoming a chore  
with unfussy yet  
utterly*

*appealing meals  
that rely on  
ingredients you  
already have on  
hand, like Garam  
Masala Pork Chop  
with Couscous*

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Recipes For One  
**and Spinach and  
Weeknight**

**Chicken**

**Cacciatore.**

**Don't have  
exactly the  
right**

**ingredients?**

**Never fear--with  
a "Kitchen**

**Improv" box on  
every page, we  
offer ideas for  
altering the**

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Recipes For One

Person

***dish so it works for you. And for those weeks you didn't make it to the supermarket, we use a "Pantry Recipe" icon to clearly mark recipes that rely entirely on our checklist for a well-stocked pantry.***

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Recipes For One

Dinner

***We show you when it's worth making two servings (but never more) with our "Makes Leftovers" icon, and suggest how to transform those leftovers into a whole new meal. (We love our Spice-Rubbed Flank Steak with***



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Recipes For One

Sauce served

*over arugula as  
a hearty salad  
the next day.)*

**Ingredients**

*themselves often  
lead you to  
another exciting  
meal--when  
you're left with  
half an eggplant  
from Simple*

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Recipes For One

***Ratatouille, we direct you to Broiled Eggplant with Honey-Lemon Vinaigrette as the perfect way to use it up.***

***And if the thought of a sink full of dishes keeps you out of the kitchen, there are plenty of***

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Recipes For Gr

**appealing one-  
pan dinners like  
Sheet Pan**

**Sausages with  
Sweet Potatoes,  
Broccoli Rabe,  
and Mustard-  
Chive Butter or  
Couscous with  
Shrimp,  
Cilantro, and  
Garlic Chips  
that are here to  
save the day.**

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Recipes For One

***A halogen oven  
cooks food  
almost as  
quickly as a  
microwave oven  
but with the  
added bonus of  
browning and  
crisping the  
food like a  
conventional  
oven. Find out  
how the halogen  
oven can become***

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Recipes For One

*an indispensable  
item of*

*equipment in  
your kitchen*

*with Norma*

*Miller's*

*comprehensive*

*guide. Choose*

*the right*

*halogen oven for*

*your needs.*

*Maximize the*

*benefits of*

*using the*

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Recipes For One

*Person*  
Adapt your own  
recipes to the  
halogen oven.

*This book  
contains 150  
tasty recipes,  
all personally  
tried and tested  
in the latest  
halogen ovens by  
Norma Miller.*

*All the  
traditional*

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Recipes For One

***favourites, such as Shepherd's Pie, Toad in the Hole, Sweet and Sour Pork, Chicken Curry, Lasagne and Poached Salmon are here, plus some exciting new contemporary recipes, including Nutty Pork Meatballs,***

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Recipes For One

Even Sweet

Orange and

Chocolate Pizza.

Anjum Anand

presents 70

mouthwatering

Indian recipes,

using fresh,

local and

seasonal produce

with all

ingredients



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Recipes For One

Supermarkets.

*Throughout the  
book there are  
tips and*

*techniques as  
well as expert  
secrets from top  
Indian chefs.*

*Quick & Easy  
How to Make the  
Most of Your  
Cooker with Over*

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**60 Delicious  
Recipes and 300**

**Step-by-step**

**Photographs**

**Crispy,**

**Delicious and**

**Easy Recipes**

**That Anyone Can**

**Cook on a**

**Budget. Quick**

**Meals in Less**

**Time and Easy**

**Cooking**

**Techniques**

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Recipes For One

**Healthy Halogen**

**Oven Cookbook**

**Quick, Simple**

**Recipes to Help**

**Get the Most Out**

**of Your Halogen**

**Oven**

**Halogen Cooking**

**Made Simple**

*Terry Lewis serves*

*up some of his*

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Recipes For One

Person

*tastiest dishes in this collection of Dutch oven recipes designed to inspire new cooks, those with some experience under their belts, and the well-seasoned cook-off masters.*

*Beginners will find*

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Recipes For One

Person

*success with  
Dutch Oven Stew,  
Chicken and Rice,  
and Easy Cobbler,  
while the  
intermediate level  
cooks will enjoy  
making Chicken  
Cordon Bleu,  
Honey Rolls, and  
Oatmeal  
Chocolate Cake.*

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Recipes For One

Person

*Folks looking to compete with the best can try their hand at Maple BBQ Baby Back Ribs with Buttered Almond Rice, Sourdough Herb Rolls, and Carmel Pumpkin Cheesecake. Terry Lewis, with the*

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Recipes For One

Person

*help of his daughter Tori, is a two-time winner of the World Championship Cook-offs held by the International Dutch Oven Society. He has been cooking and competing in Dutch oven events*

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Recipes For One

Person

*for over twenty  
years and  
occasionally uses  
his expertise to  
judge cooking  
competitions.*

*Terry lives in  
Tabiona, Utah.*

*Recipes and  
secrets from  
Dutch Oven*

*Society World*



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*Champion.*

*Recipes For One*

*Person*

*Under 300, 400*

*And 500 Calories*

*The original*

*'Skinny' slow*

*cooker recipe*

*book!*

*Inexpensive,*

*healthy meals for*

*you and your*

*family with the*

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Recipes For One

Person

*minimum of fuss.*

*This No.1*

*bestselling*

*collection of tasty*

*recipes uses*

*simple and*

*inexpensive fresh*

*ingredients. They*

*are packed full of*

*flavour &*

*goodness and*

*proves that diet*

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*can still mean  
delicious! Recipes  
include:*

• *Rustic*

*Chicken Stew*

*(Cacciatore) •*

*Zingy Lime*

*Chicken • Sweet*

*Asian Chicken •*

*Italian Meatballs •*

*Scottish Stovies •*

*Budapest's Best*

*Beef Goulash •*

File Type PDF

Quick Easy

Halogen Oven

Recipes For One

Person

*Enchilada El*

*Salvador •*

*Aromatic Kicking*

*Pork Ribs • Sweet*

*& Sour Pineapple*

*Pork • Cowboy*

*Casserole •*

*Marrakesh Lamb •*

*Green Thai Fish*

*Curry • Tuna &*

*Noodle Cattia •*

*Pomodoro Pasta*

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Sauce • St

Patrick's Day Soup

• Breakfasts,

Snacks & Many

More.....

*In this book,*

*nutritionist Sarah*

*Flower, author of*

*the bestselling*

*Everyday Halogen*

*Oven Cookbook,*

*shows you how to*

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Recipes For One

Person

*make delicious  
one pot dishes in  
your halogen  
oven, including  
tasty meals such  
as: Whole chicken  
casserole Roast  
leg of lamb with  
roasted  
vegetables Pan  
roasted breakfast  
Mushroom and*

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Recipes For One

Person

*cottage cheese  
lasagne Creamy  
fish pie Pork,  
apple and cider  
one pot And  
comforting  
desserts such as  
Apple and  
cinnamon cobbler  
Pineapple upside  
down cake From  
simple suppers to*

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Halogen Oven

*the perfect roast  
dinner, this book  
is a must for*

*halogen lovers.*

*Nutritionist Sarah  
Flower has been a  
big fan of the  
Halogen Oven  
since its launch  
and uses her own  
every day to cook  
for her family.*



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Recipes For One

Person

*Following her bestselling The Everyday Halogen Oven Cookbook, she shows you how versatile your Halogen Oven can be and how you can use it to bake bread, cupcakes, cakes, pastries, biscuits, puddings*

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Halogen Oven

*and savouries.*  
Recipes For One  
Person

*Whether you're  
baking for coffee  
breaks, tea time,  
picnics, or any  
family occasion  
you'll find nearly  
150 savoury and  
sweet treats in  
this book,  
including many of  
your favourites -*

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*plus lots of new  
baking ideas. This*

*is a book of*

*indulgence,*

*baking and*

*yumminess - grab*

*your pinny and*

*get cooking!*

**AUTHOR BIOG:**

*Sarah Flower is a*

*nutritionist,*

*journalist and*

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*author of Live  
More, Spend Less;*

*Eat Well, Spend  
Less; Slow Cook,  
Fast Food and The  
Everyday Halogen  
Oven Cookbook.*

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*Introduction 1.*

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*Halogen Oven 2.*

*Top Baking Tips 3.*

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*Tasty Savouries 4.*

*The Bakery -*

*Bread and More...*

*5. Cupcakes,*

*Muffins and Fairy*

*Dust 6. Sugar,*

*Spice and All*

*Things Nice -*

*Great Cakes and*

*Fancies 7. The*

*Coffee Break -*

*Dunkable Biscuits*

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it Up and Roll It*

*Out 9. The Big*

*Finish - Delightful  
Desserts Index.*

*Slow Cook, Fast  
Food*

*How to Create*

*Tasty Bread,*

*Cupcakes, Bakes,*

*Biscuits and*

*Savouries*

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Halogen Oven

*Perfect Baking  
with Your Halogen  
Oven*

*100 Super Easy,  
Super Fast  
Recipes*

*Recipes for  
Halogen Ovens  
Easy Halogen  
Cookbook*

*Easy Baking  
Recipes*

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Recipes For One

Person

*From the host of  
the beloved  
Netflix series*

*Time to Eat and  
winner of The  
Great British  
Baking Show*

*come over 100  
time-smart  
recipes to tackle  
family mealtime.*

*Nadiya Hussain*



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Recipes For One

Person

*knows that  
feeding a family  
and juggling a  
full work load  
can be  
challenging.*

*Time to Eat  
solves mealtime  
on weeknights  
and busy days  
with quick and  
easy recipes*

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Recipes For One

Person

*that the whole family will love.*

*Nadiya shares all her tips and tricks for making meal prep as simple as possible, including ideas for repurposing leftovers and components of*

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Recipes For One

Person

*dishes into new recipes, creating second meals to keep in the freezer, and using shortcuts--like frozen foods--to cut your prep time significantly. In Time to Eat,*

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Recipes For One  
Person

*Nadiya teaches you to make recipes from her hit Netflix show, including Peanut Butter & Jelly Traybake, Instant Noodles, Egg Rolls, and zesty Marmalade Haddock. Each*

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Recipes For One

Person

*recipe also notes exactly how long it will take to prepare and cook, making planning easy. Helpful icons identify which recipes can be made ahead, which ones are freezer-*

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*friendly, and  
which ones can  
be easily*

*doubled.*

*The debut*

*cookbook by the*

*creator of the*

*wildly popular*

*blog Damn*

*Delicious proves*

*that quick and*

*easy doesn't*

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Recipes For One

Person

*have to mean boring. Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable 'keepers'-each one so simple, so easy, and so flavor-packed,*

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Recipes For One

Person

*that you reach for them busy night after busy night. In Damn Delicious, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into*



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Halogen Oven

*everyday*  
Recipes For One  
Person

*cooking. From*

*five-ingredient*

*Mini Deep Dish*

*Pizzas to no-fuss*

*Sheet Pan Steak*

*& Veggies and*

*20-minute*

*Spaghetti*

*Carbonara, the*

*recipes will help*

*even the most*

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*inexperienced  
cooks spend less  
time in the*

*kitchen and  
more time*

*around the  
table. Packed  
with quickie*

*breakfasts,  
30-minute skillet  
sprints, and  
speedy takeout*

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Recipes For One

Person

*copycats, this  
cookbook is  
guaranteed to  
inspire readers  
to whip up fast,  
healthy,  
homemade  
meals that are  
truly 'damn  
delicious!'  
Halogen cooking  
combines the*

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Recipes For One

Person

*convenience of  
micro-waving  
cooking, with  
the baking  
ability of a  
traditional oven,  
but five times  
faster! Cooking  
food in a  
Halogen oven is  
a convenient,  
purse-friendly*

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*and simple way  
of cooking*

*delicious meals,  
with minimum  
fuss and*

*maximum taste.*

*Halogen Recipes  
use a range of  
inexpensive  
ingredients to  
create tasty  
recipes from*

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*Roast Chicken to  
vegetable*

*Recipes For One  
Person*  
*Lasagna, perfect  
for those on a  
tight budget as  
well as those  
feeding a large  
family.*

*In this  
comprehensive  
and fully  
illustrated book,*

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Recipes For One

Person

*Sarah shares with you the many tips and tricks she has learned while cooking with virtually all the available*

*Halogen oven models. You'll find many of your old family*

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Recipes For One

Person

*favourites in this book, now with colour photos, plus many of the new dishes that Sarah has created and personally tested. You'll also find recipes specially designed for one*



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*or two people,  
Recipes For One  
Person*

*and complete  
meals you can*

*prepare without*

*ever using the*

*conventional*

*hob. For further*

*advice about*

*how to use your*

*halogen oven*

*and be part of a*

*growing*

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*community of  
Recipes For One*

*Person*

*users visit [www.](http://www.everydayhalogen.com)*

*everydayhaloge*

*n.com.*

*Easy and*

*Delicious for*

*Weight Loss*

*Fast, Healthy*

*Living, Reset*

*Your Metabolism*

*- Eat Clean, Stay*

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Recipes For One

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*Lean with Real*

*Foods for Real*

*Weight Loss*

*Scaled Recipes,*

*No-Waste*

*Solutions, and*

*Time-Saving*

*Tips*

*Halogen*

*Cooking For Two*

*Halogen One Pot*

*Cooking*

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*Oven Cookbook*

*Hamlyn All*

*Colour Cookery*

*Damn Delicious*

More and more of us are discovering how easy it is to create a tasty homemade soup using one of these

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new appliances.

Recipes For One

Person  
The soups can often  
be ready in just

30-40 minutes. Here

Norma Miller

extends the range of

recipes included in

your instruction

booklet to provide a

wonderful selection

of simple but

delicious recipes.

You'll soon realize

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that your soup  
Recipes For One

maker is  
Person

indispensable. Hints

and tips to get the

best from your soup

maker Tasty

recipes, quick and

easy to make Adapt

your own traditional

recipes to your new

soup maker This

book contains

nearly 100 tasty

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recipes, all  
personally tried and  
tested in the latest

soup makers by

Norma Miller.

Traditional

favourites, such as

Mulligatawny Soup,

Creamy Tomato and

Basil Soup, Pea and

Ham Soup, and

Corn Chowder are

here, plus some

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exciting new  
Recipes For One

contemporary

Person  
recipes, including

Prawn and Saffron

Soup with Noodles,

Thai Chicken and

Red Chilli Soup, and

even Chilled Cherry

and Almond Soup.

Welcome to the

mouthwatering

world of air frying a

tasty, healthier twist



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Recipes For One

Person

on frying! None of the recipes in this book compromise on the flavors you'd expect. And you can still enjoy all your fried favorites- donuts, French fries, and, yes, chicken wings-without feeling guilty. Plus, you can make foods you didn't think an

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air fryer could make,  
including steak

fajitas, shrimp

scampi, and

cookies. So

equipped with this

book, you don't

have to let your air

fryer continue to sit

on your kitchen

counter! In this

Complete Big Boss

Air Fryer Cookbook,

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you will find recipes  
in categories such

as: Basket Air-fried

Spicy Eggplant Air-

fried Banana

Turmeric Chips

Vegan Spring Rolls

cooked in Air-fryer

Air-fried Mushrooms

with Rice Noodles

Onion Strings Air-

Fryer Dish Air-fried

Avocado Salad Air-

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Recipes For One

Person

fried Green Beans  
with Walnuts

Creamy Porridge  
with Air-Fried Mixed  
Nuts Air-Fried

Pineapple

Cinnamon Dessert

No more hesitation,  
get it right now!

A halogen oven  
cooks food almost  
as quickly as a  
microwave oven but

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Recipes For One

Person

with the added  
bonus of browning  
and crisping the  
food like a  
conventional oven.

Find out how the  
halogen oven can  
become an  
indispensable item  
of equipment in your  
kitchen with Norma  
Miller's  
comprehensive

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guide. . Choose the  
Recipes For One  
Person  
right halogen oven  
for your needs .

Maximize the  
benefits of using the  
halogen oven .

Adapt your own  
recipes to the  
halogen oven This  
book contains

nearly 100 tasty  
recipes, all

personally tried and

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Recipes For One

Person

tested in the latest halogen ovens by Norma Miller. All the traditional favourites, such as Shepherd's Pie, Toad in the Hole, Sweet and Sour Pork, Chicken Curry, Lasagne and Poached Salmon are here, plus some exciting new

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contemporary  
Recipes For One

Person  
Nutty Pork

Meatballs, Fish

Kebabs with Mango

Salsa, and even

Sweet Orange and

Chocolate Pizza.

Find out how a

halogen oven can

become an

indispensable part

of your kitchen with



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Recipes For One

Person

its fast and super-healthy low-fat cooking method.

The halogen oven is a remarkable revolution in cooking, a table-top cooker that can be used on the table top plugged into an ordinary socket, which can even be taken on camping

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Recipes For One

Person

and road trips. It works by converting electrical energy into intense heat, and uses infrared waves and a fan to circulate the heat. This means food is ready in half the time of a conventional oven, without the need for cooking fat or oil,

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Recipes For One

Person

and unlike a microwave it can also brown and crisp your cooking.

Wide ranging recipes include family favourites such as Roast Beef with Roast Potatoes, Chilli con Carne and Vegetable Lasagne.

There are also

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delicious dishes for  
entertaining, such

as Spinach and

Ricotta Tart or

Baked Fish with Dill

Stuffing. Halogen

ovens are superb

for baking, and here

you will find

scrumptious sweet

treats like

Cheesecake with

Summer Fruits,

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Recipes For One

Person

Double Chocolate  
Cookies and  
Orange and Peach  
Drizzle Cake. All the  
recipes are tried and  
tested in a range of  
ovens. Fully  
illustrated with easy-  
to-follow  
photographs, this is  
the essential guide  
for busy cooks who  
want to make the

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Recipes For One

Person

most of their new oven with quick, easy, nutritious and healthy dishes for every day of the week.

Everything You Need to Know to Get the Most from Your Convection Oven : A Cookbook How to Cook Easy and Delicious Meals

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Using Your Halogen  
Recipes For One  
Oven

Person  
Halogen Heaven

Over 250 Healthy,

Wholesome Slow

Cooker and One Pot

Meals for All the

Family

Time to Eat

200 Halogen Oven

Recipes

The Healthy Slow

Cooker Cookbook

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Recipes For One

***As the increasing buzz around halogen ovens in newspaper articles and chat-room posts shows, this new kitchen appliance is fast gaining in popularity.***

***Affordable, quick, and economic on space, the halogen oven is the ideal appliance for the***



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*busy modern co*  
*The original and first*

*Halogen Oven*

*cookbook for*

*Halogen*

*Ovens.Halogen*

*ovens are super-*

*quick, super-*

*convenient*

*appliances that*

*produce meals in*

*half the time of a*

*conventional*

*oven.Includes fish,*

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Recipes For One

Person

***meat, casseroles,  
pies, vegetarian  
dishes, puddings,  
scones etc. Over 70  
easy to use recipes  
in this unique  
Halogen Oven  
Cookbook***

***Are you always  
trying to think of  
new ways to prepare  
simple, speedy  
meals? Then look  
no further than a***

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Recipes For One

Person

***halogen oven.  
Halogens are super  
convenient,  
compact appliances  
that can be kept on  
your kitchen  
counter. They heat  
with a combination  
of infra red and  
convection to cook  
food 40% faster than  
conventional ovens.  
And with racks to  
layer your food and***

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Recipes For One

Person

***dials for temperature control, a whole meal can be produced from just one appliance. This book provides an inspiring introduction to halogen cooking, with delicious yet easy recipes to make meal times really special.***

***Having limited***

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Recipes For One

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***preparation time  
need never mean  
turning to unhealthy  
convenience foods  
again!***

***MAKE THE MOST  
OF YOUR HALOGEN  
OVEN WITH THESE  
200 RECIPES FROM  
THE BESTSELLING  
HAMLYN ALL  
COLOUR SERIES***

***Halogen ovens are  
super convenient,***

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*Recipes For One*

*Recipe*

***compact appliances that can be kept on your kitchen counter. They heat with a combination of infra red and convection to cook food 40% faster than a conventional oven - without any of the dreaded soggy mess associated with microwaves. Using a combination of***

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***racks you simply layer the food, set the dials and produce a whole meal from one appliance. Whether it's simply defrosting a joint of meat or making a more elaborate recipe, a halogen will take the time and hassle out of all your favourite***

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***dishes. As ever with our popular Hamlyn All Colour series, you'll find 200 delicious recipes with step-by-step instructions and colour photography to ensure perfect results every time. Why not discover how easy halogen cooking can be? Check out some of***



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*the other titles in the series: Hamlyn All*

*Colour Cookery: 200*

*Super Soups*

*Hamlyn All Colour*

*Cookery: 200 Fast*

*Vegetarian Recipes*

*Hamlyn All Colour*

*Cookery: 200 Cakes*

*& Bakes Hamlyn All*

*Colour Cookery: 200*

*Gluten-Free Recipes*

*Hamlyn All Colour*

*Cookery: 200 Really*

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**Easy Recipes**

**Hamlyn All Colour**

**Cookery: 200 Pasta**

**Dishes Hamlyn All**

**Colour Cookery: 200**

**Tapas & Spanish**

**Dishes Hamlyn All**

**Colour Cookery: 200**

**More Slow Cooker**

**Recipes Hamlyn All**

**Colour Cookery: 200**

**Delicious Desserts**

**Hamlyn All Colour**

**Cookery: 200 Veggie**

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**Feasts Hamlyn All  
Colour Cookery: 200**

**One Pot Meals**

**Hamlyn All Colour  
Cookery: 200**

**Student Meals**

**Hamlyn All Colour  
Cookery: 200**

**Spiralizer Recipes**

**Hamlyn All Colour  
Cookery: 200 Easy**

**Indian Dishes**

**Hamlyn All Colour  
Cookery: 200**

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200 Thai Favourites

Hamlyn All Colour

Cookery: 200 5:2

Diet Recipes Hamlyn

All Colour Cookery:

200 Light Slow

Cooker Recipes

Hamlyn All Colour

Cookery: 200 Easy

Tagines and More

Hamlyn All Colour

Cookery: 200 Low

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***Fat Dishes Hamlyn  
All Colour Cookery:***

***200 Cakes & Bakes***

***80 Recipes for Your  
Halogen Oven***

***Everyday Halogen  
Family Cookbook***

***More Than 75***

***Essential Recipes  
and Easy Cooking***

***Techniques for Any  
Convection Oven***

***Delicious Meals for  
Busy Lives: A***

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**Cookbook**

**CalmDo Air Fryer**

**Oven Cookbook for  
Beginners**

**The Halogen Oven  
Secret**

There's nothing  
quite like  
baking - fun,  
relaxing and oh  
so delicious -  
but it's not  
always the

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simplest of  
hobbies, and  
the road to  
baking bliss  
can be littered  
with sunken  
sponges and  
burnt brownies,  
which is where  
the Good Food  
team come in!  
In Easy Baking  
Recipes, the

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UK's best-selling cookery magazine has gathered together simple baking recipes that anyone can try! From simple classics like sponges and chocolate cakes, to impressive



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celebration  
cakes and mouth-  
watering

savoury bakes,

every recipe

has been triple-

tested in the

Good Food

kitchen, so you

can cook with

complete

confidence.

With simple

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step-by-step  
Recipes For One  
instructions  
and a

photograph of  
every dish,  
this handy  
cookbook will  
transform a  
baking novice  
into a true  
star baker!

Nutritionist  
Sarah Flower

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offers advice  
Recipes For One

Person  
family to

literally take  
things slowly.

Slow cooking is  
the easiest way

to cook, plus  
it has the

added advantage  
of being good

for your

health. And you

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Recipes For One

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don't have to  
slave over a  
hot stove when  
you've finished  
work for the  
day to create  
your supper.  
Literally fill  
your slow  
cooker with  
your chosen  
ingredients and  
walk away for

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the day.

Recipes For One

Nothing could

Person  
be simpler.

Slow Cook Fast

Food also shows

you how to save

on washing up

by creating one

pot meals and

desserts for

all the family

without

breaking a

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Recipes For One

Person

sweat. - Use  
your slow  
cooker to make  
nutritious  
meals with very  
little effort -  
Prepare one pot  
dishes with  
ease - and less  
washing up! -  
Prepare mouth  
watering soups,  
main meals and

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Recipes For One

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desserts - Make  
the most of  
your

ingredients

with helpful

store cupboard

tips - Discover

great tips and

advice for

saving time and

money Contents:

Introduction;

1. One Pot and

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Slow Cook  
Cooking,  
Equipment and  
Advice; 2.

Weights,  
Temperature and  
Measures; 3.

One Pot Soups;

4. One Pot

Chicken; 5. One

Pot Beef; 6.

One Pot Pork;

7. One Pot Lamb



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Person  
8. One Pot  
Fish; 9. One  
Pot Veggie

Dishes; 10. One

Pot Essentials;

11. One Pot

Cakes and

Desserts; 12.

One Pot

Conserves and

Chutneys; 13.

Contacts and

Further

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Information;  
Recipes For One  
Person  
10th

anniversary  
edition Save  
money, save  
time and eat  
healthily with  
delicious  
recipes for  
your slow  
cooker. This  
book is for

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Recipes For One

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those who want to cook at home more, to save money by using cheaper ingredients, and to save time preparing a meal before the school run or after the working day.

You can

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Person

literally fill  
your slow  
cooker with  
your chosen  
ingredients,  
turn it on, and  
walk away for  
the day,  
returning to a  
flavour-filled  
dish. It's as  
simple as that.  
But as well as

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saving time and money you also want to make sure you eat healthily. In this book, nutritionist Sarah Flower takes her favourite, tastiest, slow-cooker recipes and gives them

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a healthy  
Recipes For One  
twist. You can  
Person  
now create  
thrifty,  
delicious and  
wholesome meals  
with the  
minimum of  
effort - and  
lead a  
healthier  
lifestyle, too.