



Quick and Easy Cooking for One

Molly Perham

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This is the book that anyone who has to face cooking for themselves at the end of a long day won't want to be without. It puts the fun and freedom back into pleasing yourself in the kitchen. Molly Perham proves that cooking for one can be creative, quick and economical - and tastes a whole lot better than the so-called 'fast food' options. This is the cookbook to stimulate a whole new appetite for doing it yourself.

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