



Eat Clean: 20 Recipe Bite-Sized Edition

Ching-He Huang

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A mouthwatering collection of 20 easy, speedy, nutritional and delicious recipes taken from TV chef Ching's beautiful new book, Eat Clean. Includes fresh and healthy breakfast, lunch and dinner recipes, as well as sides, pickles and salsas, and teas.

Forget your saucepan and roasting tin, Ching-He Huang's beautiful new recipe book shows you how you can Eat Clean and wok yourself to health.

Eat Clean is the perfect cookery book for the time starved and health conscious who don't want to compromise on taste. Drawing on her belief of the age-old principle of Yin and Yang, Ching-He Huang creates delicious fare for each mealtime which is specifically balanced in all these ways: food which is hassle-free, good for you and which you'll enjoy!

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