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## Good Food: Stir-fries and Quick Fixes

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**BBC Books : Good Food: Stir-fries and Quick Fixes** before purchasing it in order to gage whether or not it would be worth my time, and all praised Good Food: Stir-fries and Quick Fixes:

Dinners donrsquo;t get much simpler than stir-friesmdash;or more satisfying! Healthy and budget friendly, stir-fries are perfect for a quick snack or weeknight supper. These inventive recipes from the experts at Good Food magazine offer a range of new twists on this classic time-saver, as well as lots of other quick options. As ever, there is a full set of nutritional info and a color photo to accompany each recipe and every one has been triple-tested by the Good Food team, to give you the most straightforward supper possible!