



# Tasty Express: Simple, Stylish & Delicious Dishes for People on the Go

*Sneh Roy*

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**Tasty Express** is the **first cookbook** by **Sneh Roy**, a food photographer from Sydney and creator of the **multi award-winning food blog Cook Republic** which won Best Australian Blog 2013. It is a beautifully shot cookbook with over 100 predominantly wholesome vegetarian recipes that celebrate real food. These easy to make and easy to take recipes with heaps of **gluten free** and **sugar free** options will become your weeknight staples and lunchbox inspirations.

Drawing inspiration from her childhood in India and the bustling foodie scene of inner-city Australian life, Sneh's recipes embrace a healthy take on modern classics like tacos, flatbreads, veggie burgers, granola and froyo, drawing comparisons to the **healthy 'fast food' phenomenon** made famous by the likes of Jamie Oliver. With easy-to-reference chapters such as **Cafe Culture, Urban Lunchbox, Green Kingdom, Supper Club and Treat Factory**, Tasty Express also includes handy hints, such as **how to make fail-safe quinoa, how to grow sprouts from legumes with just a jar and a paper towel, and how to make bread that goes from flour to loaf in under an hour**. The book has little express extras on **fresh and robust chutnies, healthy smoothies, nut milks, spice mixes, nuts and nibbles**.

With stunning photographs for each and every recipe there are lots of textures, smears, sprinkles, drips and crumbs making this a highly tactile visual experience. **This is food as we eat today** - casually with messy abandon and sharing with loved ones, the way it should be.

*Coconut Bircher Muesli, Carrot Cake Muffins, Sour Chickpea Bread, Kulfi Milk, Eggplant Lasagna Steaks, Kale Soup With Grilled Cheese, Brown Rice Biryani Salad, Quinoa Spice Croquettes, Sweet Potato And Pepita Burgers, Tofu And Cashew Curry, Burnt Butter Caramel Slice, Nutella Clafoutis, Coconut Froyo and Gingerbread Tiramisu* are just some of the delicious recipes you can whip up without a lot of fuss.

Includes dual measurements.

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