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Over 80 super-simple and tasty recipes that will save you both time and money.

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Here is delicious food for less. So much more than cheap dinner ideas - here are meals that cost under a pound but look and taste a million dollars!

One Pound Meals: Delicious Food for Less by Miguel Barclay

Now in Miguel Barclay's second book, the original One Pound Chef focuses on

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fresh and light food, all for £1 per person. Here are warm, delicious salads, light soups, nutritious stir-fries and lots of vegetarian meals.

Miguel Barclay's FAST & FRESH One Pound Meals: Delicious ...

One Pound Meals: Delicious Food for Less - Ebook written by Miguel Barclay.

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I want you to bounce around the book on a sort of never-ending random journey as you use up those leftover ingredients. It also means you can plan a week's worth of meals in one go and shop more efficiently.' Making cooking quicker, easier and tastier, and with less waste, ONE POUND MEALS includes: * Lasagne * Crab mac & cheese * Chicken katsu

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curry

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cheese * Chicken katsu curry * Pork
chop in a mustard & leek sauce *
Spaghetti carbonara * Mushroom risotto
* Quiche lorraine * Aubergine dal &
chapati * Scotch Egg * Ultimate GBP1
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Pancake stack

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Lasagne * Crab mac & cheese * Chicken
katsu curry * Pork chop in a mustard &
leek sauce * Spaghetti carbonara *
Mushroom risotto * Quiche lorraine *
Aubergine dal & chapati * Scotch Egg *
Ultimate £1 burger * Ham & mushroom
pizza

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This is one delicious and super quick meal by Miguel Barclay who is behind the One pound meals. You can check out

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his channel and his book and socials
below ...

Delicious VEGAN Cauliflower pasta | One Pound meal and ...

Posh enough for Sunday lunch, this pork
and apple bake is a delicious family
meal that is cooked in one pan so the
flavours mix and mingle making it extra

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tasty. Cost: £3.78 (Asda)

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Heat oven to 425°F. Heat medium cast-iron skillet on medium-high. Season steak with 1/2 teaspoon each salt and pepper. Add oil to skillet, then add steak, garlic, and rosemary and cook until ...

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