



Simply Nigella: Feel Good Food

Nigella Lawson

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"Part of the balance of life lies in understanding that different days require different ways of eating . . ."

Whatever the occasion, food-in the making and the eating-should always be pleasurable. *Simply Nigella* taps into the rhythms of our cooking lives, with recipes that are uncomplicated, relaxed, and yet always satisfying.

From quick and calm workday dinners (Miso Salmon; Cauliflower & Cashew Nut Curry) to stress-free ideas when feeding a crowd (Chicken Traybake with Bitter Orange & Fennel) to the instant joy of bowlfood for cozy nights on the sofa (Thai Noodles with Cinnamon and Shrimp), here is food guaranteed to make everyone feel good.

Whether you need to create some breathing space at the end of a long week (Asian-Flavored Short Ribs), indulge in a sweet treat (Lemon Pavlova; Chocolate Chip Cookie Dough Pots) or wake up to a strength-giving breakfast (Toasty Olive Oil Granola), Nigella's new cookbook is filled with recipes destined to become firm favorites.

Simply Nigella is the perfect antidote to our busy lives: a calm and glad celebration of food to soothe and uplift.

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