



Jamies 15-Minute Meals (Chinese Edition)

Jamie Oliver

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Welcome to the world of Jamies 15-Minute Meals. Each cooking procedure is repeatedly tested, adjusted, so that everyone can cook delicious meals for four. Each meal for one person contains only 580 kcal on average; recipes are categorized by different food materialsmeat, seafood, Spaghetti, vegetable and etc., clear for searching, and the food is nutrition-balanced.

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