



Super Food Family Classics

Jamie Oliver

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Super Food Family Classics Jamie Oliver

Jamie's *Super Food Family Classics* continues with the popular philosophy behind Jamie's *Everyday Super Food*, bringing exciting healthy eating to the heart of the home.

Freshen up your family favourites and expand your recipe repertoire with new nutritious, tasty meals—make your weekly menu something to shout about.

Sneak in extra veg with Squash Mac 'N' Cheese and enjoy a no-arguments family dinner with Chicken Fajitas, Smoky Dressed Eggplant and Peppers. When you need a no-fuss meal on the table fast, try Chicken Goujons or Pasta Pesto, or get ahead with freezer-friendly Jumbo Fish Fingers or Proper Chicken Nuggets. Use ingredients you know the family already loves in new, exciting ways with Sweet Potato Fish Cakes or Chocolate Porridge.

Every recipe is tried and tested and has clear and easy-to-understand nutritional information on the page, including the number of veg and fruit portions in each dish, plus there's a bumper back section packed with valuable advice on everything from cooking with kids and tackling fussy eaters to good gut health, the importance of fibre, budgeting and, of course, getting more of the good stuff into your family's diet.

If you're looking for fresh ideas and an easy way to make healthy eating a part of everyday family life, Jamie's *Super Food Family Classics* is the book for you.

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