

Natural Dinners

In less than 30 Minutes

Chicken on vegetables

2 chicken breasts
1 cup breadcrumbs
1 knob of butter
½ red onion
½ small leek
2 carrots
¼ cauliflower
1/8 cabbage

- Cut chicken in large pieces and roll in breadcrumbs. Fry the pieces in a frying pan in some oil.
- Cut all vegetables in small pieces.
- Heat up a frying pan and add a knob of butter.
- Toss in the vegetables and let them fry at medium heat whilst stirring for 10 minutes.
- Add salt and pepper to your taste.

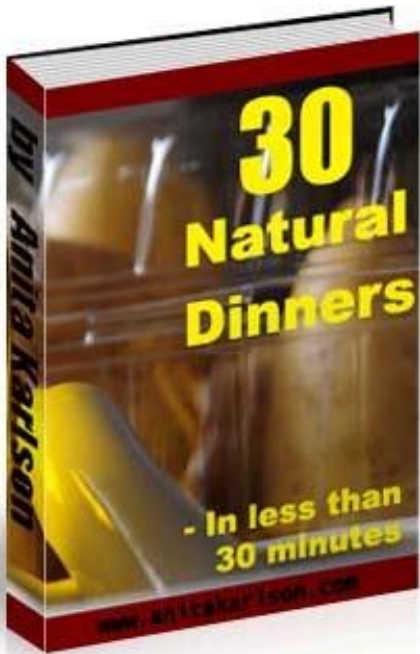


Chicken Soup



300 g / 0.7 lbs minced chicken meat
120 g / 0.25 lbs cauliflower
1 garlic clove
2 dl / 6.7 oz rice milk
 $\frac{3}{4}$ dl / 2.4 oz cream
salt, pepper

- Heat up a frying pan and fry the meat at medium heat.
- Cut cauliflower in small pieces and crush garlic.
- Add liquid and vegetables to the meat when the meat is done.
- Simmer for ten minutes.
- Add salt and pepper to taste.
- Serve with homemade bread.



If you like these two recipes, then my ebook "30 Natural Dinners in less than 30 minutes" is just the thing for you!

The ebook consists of 30 simple, yet tasteful recipes, all made within 30 minutes. You get 30 healthy dinner recipes for your family at a decent budget.

The best thing about these dinners is that they are made with natural ingredients without any chemicals added to them.

That means no artificial substances, no processed food, no chemicals; **only pure, natural and clean ingredients.**

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What you get when you buy the ebook "30 Natural Dinners in less then 30 Minutes":

- **30 dinner recipes**
The e-book serves you a new dinner recipe for each day of the month. When you have worked your way through all of them, you can just start over again. It is a whole month since last time you had that same dish.
- **Budget recipes**
All the recipes are budget recipes. It does not have to cost a lot to eat healthy and natural. These recipes prove it!
- **Natural ingredients**
You will learn by these examples the principle of how to only use natural ingredients in your cooking.
- **Better health**
Your body will no longer be exposed to unnatural substances trough your diet. You will experience better general health and reduce chronic problems caused by your diet.
- **Quality time preparing food**
It does not have to take hours making a healthy good meal for your family. All the dishes can be prepared within 30 minutes. You can make this into quality time spend with your family in the kitchen.
- **Inspiration to compose your own recipes**
After you have made all the dishes in this e-book you will have learned the basics of how to compose your own natural dinners with only natural ingredients.

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