



Eat Clean: Wok Yourself to Health

By Ching-He Huang

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Eat Clean: Wok Yourself to Health, Ching-He Huang, A REVOLUTIONARY EAST-WEST APPROACH TO EATING WELL Eat Clean and feel great with over 100 nutritious and easy Asian soups, salads and stir-fries for everyday health. Ching-He Huang's promise is simple: with just a wok, a knife and a chopping board, you can revolutionise your diet and feel fantastic. Renowned TV chef and cookery writer Ching transformed her health when she began eating clean - cutting out over-processed, high-sugar foods and embracing natural produce, cooked simply. Featuring fresh, vibrant flavours that make you feel bright, healthy and energised, Ching's new book Eat Clean shows that by choosing the right foods and adopting easy-to-follow techniques, you too can create delicious meals that help to detoxify and nourish your body so you feel better, stronger and slimmer. With recipes such as Sunshine Energising Oatmeal, Wok-fried Lemongrass Spiced Chicken and Herby Thai Beef Salad, Ching fuses healthy eastern and western cookery to help you create easy, speedy, mouth-watering dishes for breakfast, lunch and dinner. Ching's done all the hard work for you, so start chopping, get wokking and eat your way to good health!.



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