

Life Balance Donna Hay

The Simple Essentials series of cookbooks is the latest must-have offering from Australia's favourite cook and bestselling author. Focuses on a much loved ingredient or cooking style and offers a full, inventive range of photographed recipes with that ingredient at their centre.

This book delivers what it promises -- New Food Fast. Whether you've got 10, 20 or 30 minutes to make a meal, Donna Hay gives you the ideas, recipes and inspiration to create great dishes using fresh and interesting ingredients in next to no time. With busy people like herself in mind, Donna has solved the daily what's-for-dinner dilemma with a book full of fast, simple, tempting and satisfying answers. Keep this copy of New Food Fast on the kitchen bench and, even in your busiest moments, you'll never be left wondering what's for dinner.

Donna Hay returns with her new, gorgeously luxe hardcover cookbook One Pan Perfect to make life simple, easy and delicious for her millions of fans. Donna loves to make it easy for home cooks. Her stunning new cookbook, One Pan Perfect - featuring over 120 recipes for simple, easy, no-fuss deliciousness which only need one pot, pan, tray or bowl - will take you from the kitchen to the table in no time at all, and make your whole family happy. We all want to find ways to cook faster, smarter and tastier than ever before, to sit back and let big, punchy flavours do the heavy lifting with just a single pan, pot, tray or dish. One Pan Perfect is the only book you need to prepare almost-instant, all-in-one meals that are super-delicious and better for you. Think fast, tasty new twists on all your favourites, plus all-new flavour combinations to explore, ready to dial up your weeknight family dinners and lazy weekend lunches. One Pan Perfect is peppered with all the tips, tricks and how-tos to shortcut your way through the kitchen. You can even scan the QR codes throughout the book with your phone and bring the book to life through a series of instant videos that will lift your cooking game to new heights. This is fast, fresh deliciousness, all-in-one cooking at its absolute tastiest!

160+ fast recipes, fresh flavours and simple standbys for every day and any occasion. Combining vibrant flavours and fresh ingredients with simple, no-fuss techniques, FASt, FRESH, SIMPLE is the perfect companion for the everyday cook. Donna also brings her acclaimed signature style to FASt, FRESH, SIMPLE with tips and tricks for presenting beautiful meals in the home kitchen. With hundreds of recipes to suit every occasion, from quick weeknight dinner solutions to elegant dinner parties, Donna's latest offering is the ultimate guide to creating delicious meals that look as good as they taste. FASt, FRESH, SIMPLE is an essential item for those who love to cook and share with loved ones and friends.

Australia's bestselling cookbook author returns with a stunning new book, Basics to Brilliance - and a TV series tie in. Australia's most trusted and best-selling cookbook author, Donna Hay, wants to take you from basics to brilliance. Donna believes that, just like anything you want to be good at, mastering the basics is how you build confidence. So, in this book, she's sharing all her favourite, tried and true recipes - think the perfect tender steak, golden roast chicken, crispy pork belly, her nan's sponge cake, and of course the fudgiest brownies! Each basic recipe is followed by clever variations and simple flavour change-ups, so one recipe becomes many and your repertoire naturally grows. Take Donna's 'no-fail meringue mixture' - once mastered, this basic recipe can be tweaked to be turned into the perfect pavlova; divinely flavoured salted caramel, chocolate, rosewater and pistachio, and raspberry meringues for an elegant afternoon tea; or a silky smooth and tangy lemon meringue pie for a divine dessert for a dinner party. This is your ultimate guide to being brilliant in the kitchen! Basics to Brilliance is a luxurious hardback, featuring beautiful photography and featuring over 200 recipes. This is a book you will want to treasure forever. In 2011, Donna's first television series - fast, fresh, simple - premiered on LifeStyle, garnering her a 2012 Astra award for Best New Female Personality and went on to air in more than 17 countries worldwide. In 2016, Donna is returning to Foxtel with a brand new eight part show, Basics to Brilliance, based on this book, which will go to air in late May and be on repeat rotation as the book goes on sale.

This New York Times bestseller has sold over 50 million copies worldwide, including over 200,000 copies in Australia. Louise's key message in this powerful work is - if we are willing to do the mental work, almost anything can be healed. Louise explains how limiting beliefs and ideas are often the cause of illness, and how you can change your thinking and improve the quality of your life! Packed with powerful information - you'll love this gem of a book! This special edition, released to mark Hay House's 30th anniversary, contains 16 pages of photographs.

This is an absolute must-have for her fans. A compilation of the very best from Donna Hay magazine's How To Cook section, this everyday cookbook is filled with classic recipes, cooking techniques and essentials that should be in every cook's repertoire.

Australia's most trusted home cook is celebrating a fresher approach to eating. These days we're bombarded with so many messages about what to eat more of and what to eat less of and what to give up altogether, it can all get a little confusing and, let's face it, overwhelming. When there are so many passing fads and extreme diets out there, it's a relief to turn to a voice of reason, Australia's bestselling and most trusted cook, Donna Hay, for a realistic, sustainable and more balanced approach to fresher, healthier eating. Donna says: 'If there's one thing I've learned about myself, it's that I'm happiest when life is balanced. It rings true in all areas - work and play, friends and family, and, for me especially, food. Diets have never been my thing, I don't like the idea of anyone being on one! But I do love the way food can make me feel, uplifting me with energy, nourishing me with cosy goodness, or treating me with a little sweetness. LIFE IN BALANCE is about embracing food and all its benefits. Each chapter, from breakfast to baking, has simple recipes enriched with nature's superfoods - think leafy greens, bright fresh berries, creamy nuts and nourishing grains. Plus, I've profiled all my power pantry staples for you, like chia seeds, coconut sugar and raw cacao. Let this book help you find your own perfect balance, while enjoying every bite.' In a gorgeous new user-friendly square paperback format, featuring tactile paper stock and stunning photography, Donna packs in a wealth of ideas and information that you can trust, and flavours and tastes that will inspire you. From new ideas for power dinners to tempting grills, from super-charged breakfasts to low-carb options, LIFE IN BALANCE is full of super-satisfying recipes - nourishing, virtuous and delicious. And because we all need the occasional treat, there's also a few yummy better-for-you sweets. The only kind of diet that works, after all, is the balanced diet - the one you can sustain long term. And when your life is in balance, you feel great and it shows - from the inside out.

Fresh and Light is Donna Hay's answer to finding the perfect balance. Designed to complement her hugely popular existing repertoire, it is full of new recipes that combine fresh and flavoursome ingredients. Ditch the diet and find the balance - Fresh and Light is mindful of fat and carbohydrates, but focuses on flavour and variety, without the guilt. With chapters divided by meals, Fresh and Light offers a multitude of recipes for those times when you're seeking something a little more virtuous. Start your day the right way with five-

grain porridge or asparagus, tomato and feta egg-white omelette. Store up an array of go-to recipes for fast but healthy weekday dinners such as lemon and goat's cheese roasted chicken, red quinoa, kale and haloumi salad or thai green curry chicken skewers. Treat yourself but feel a little more innocent doing it with Donna's chocolate, pistachio and almond biscotti or berry and ricotta slice. Donna shares her fool-proof recipes for light breakfasts, tasty lunch tips and fast dinner solutions to give you ideas for every time of the day. This book is the answer to that constant juggle for the perfect balance, with a focus on ease and flavour, but always leaving room for the little indulgences in life.

Quick and easy tricks, tips and recipes for super easy, super delicious meals. Donna Hay is all about making life easier. THE NEW EASY is Donna's answer to her own quest to make things faster, simpler and tastier in the kitchen. It offers solutions to the age-old dilemmas of home cooks everywhere - what can I put on the table through the week that's fast and delicious, and what do I serve on the weekend that's a little more special? Full of short, concise recipes that are big on flavour, the new easy offers five chapters: weeknights, weekends, sides and salads, baking, and desserts. Each chapter contains clever ideas to restyle particular recipes, so if you loved Tuesday night's lemongrass chicken, learn how to transform it into a chic starter for Saturday's dinner or a tasty sandwich for Sunday's picnic. These twists are all about versatility for a whole new and easy repertoire. 'It wouldn't be Christmas without a Donna Hay hardcover to lust after and this year is no exception. She is one of Australia's most trusted and loved cookbook writers, penning recipes that are stylish, easy to cook and make you look like you've been styling food shoots all your life. Example: whole herb roasted cauliflower is a dish so simple, you wonder why it hasn't been done before. Its simplicity is its secret: lots of lovely herbs and flavourings rubbed into a whole head of cauli and roasted. Boom! Donna is surfing the zeitgeist too: chipotle maple pork ribs, fish tacos with lime and tequila dressing, pork and prawn pot-stickers, sloppy Joe sliders ... you get the idea. Every recipe comes knowledgeable aside. A great book for the summer hols.' West Australian 'Donna Hay consistently delivers beautiful, usable cookbooks, and this one is no exception. It's a visual feast, with full-page, minimalist pictures on thick paper. 'Restyle' options makes recipes work double-time, with simple tips to turn dishes such as lemongrass chicken salad into posh baguettes or an elegant dinner party starter; or a spiced lamb and tahini tart into finger food snacks. The food is elegant, fuss-free, on-trend, and very pretty.' Courier Mail Donna Hay makes Christmas cooking and entertaining so easy, with this must-have collection of over 200 easy, delicious, reliable and totally fabulous Christmas recipes to make, enjoy and give over the festive season. I've had a hand in cooking Christmas feasts for as long as I can remember, but because it comes around only once a year, I know it can be a little bit daunting - especially if you're attempting a new glazed ham or you're asked to bring something different for dessert. This book is full of recipes I love and trust for exactly those times. With step-by-step images and plan-ahead tips, you can change-up your menu with confidence. And, while I admit I never stray too far from the classics at Christmas (call me nostalgic!), you'll find plenty of modern styling ideas and time-saving tricks inside.

Australia's Number 1 Bestselling cookbook author returns with a major TV-tie in cookbook for the modern family who love to eat, cook, celebrate and have fun together. Basics to Brilliance Kids is the latest gorgeous new book from Australia's bestselling cookbook author, Donna Hay, to accompany her new TV series of the same name which will show on Foxtel in October 2017. As a mum, Donna knows that there is nothing more enjoyable than introducing your children to the wonders of taste, food and flavours. Her new book highlights the importance of mastering the basics, celebrates fresh, healthy food, and the joy of cooking, eating and sharing delicious food with the people we love. Featuring over 120 fantastic, fun-filled, simple, family-friendly recipes, Basics to Brilliance Kids gives you and your kids endless ideas for birthday parties, picnics, school fairs and bake sales, family and celebration dinners, brilliant breakfasts, beach days, backyard movie nights and sleepovers.

Life in Balance HarperCollins

Australia's bestselling cookbook author and most trusted home cook, Donna Hay, returns with a beautiful new cookbook that you'll want to use every night of the week. There are endless arguments out there for bringing more vegetables to your table - your own wellbeing, your budget, our environment, the list goes on. Whatever your personal reason, there's one that I think is universal - FLAVOUR. Gone are the days where a sad salad or soft steamed carrots were our only options. These recipes use vegetables in a whole new way, adding so much life to your weekly routine. Who knew broccoli (in my mind the superfood of all vegetables) could make such a delicious pizza base, flat-bread or tart shell? Often for lunch, or even a snack, I'll bake my super-green falafels in the oven and my studio team love them. As for my boys? Their current weeknight request is my crunchy raw pad thai - so yum. Inside Week Light, you'll find all these ideas and so much more. It's essentially my week in food, in a book - super-quick, family-friendly, fuss-free meals made REAL. Vegetables are at the forefront of nearly every recipe, with a few meat options thrown in, and there are lots of my all-time classics re-worked to include more goodness. This book is about using food to refuel and re-energise, while nurturing ourselves with flavour. Happy cooking!

In pasta, rice +noodles, Donna takes you on a food tour from the kitchens of Asia to the Middles East, to the generous heart of Italy with her favourite noodle and rice based recipes.

Featuring over 275 recipes, this is the ultimate best-of collection from donna hay magazine, a showcase of classic dishes with Donna's signature modern twist. Containing updated family favourites as well as new flavours, The new classics has everything you've ever wanted to cook. The essential book for every kitchen, it's exactly the food that we want to cook and eat now.

In Off the Shelf, Australia's bestselling food writer Donna Hay shows you how to fill your pantry with convenient and basic ingredients. Save time with these easy to put together recipes -- for everyday meals or special occasions, and especially when unexpected guests arrive. Off the Shelf is packed with the information and inspiration to create a great meal at short notice --

anything from a simple pasta dish or the slippery slurp of Asian-inspired noodles to a tempting berry tart. All you need is a well-stocked pantry and a handful of fresh ingredients. An essential handbook for everyone who loves to cook and to eat.

The Love Yourself, Heal Your Life Workbook directly applies Louise's techniques of self-love and positive thinking to a wide range of topics that affect us all on a daily basis, including: health, fears and phobias, sex, self-esteem, money and prosperity, friendship, addictive behavior, work, and intimacy. As Louise says, "These exercises will give you new information about yourself. You will be able to make new choices. If you are willing, then you can definitely create the kind of life you say you want."

Whatever the occasion -- low-key, special occasion, purely impromptu, fantastically formal -- Donna Hay's entertaining provides the menu, the mood, the drinks and the food. This refreshingly original, practical and inspirational approach will fill your table and picnic basket, breakfasts, lunches and dinners with endless irresistible but easily made dishes and simple but great ideas. Planning, preparing, cooking and serving -- always with simplicity and style -- are all part of the successful and enjoyable Entertaining experience.

You'll never be at a loose end for dinner again. In over 140 completely new recipes written just for this book, Donna shows you how to make the most of everything in your pantry. How many times have you looked in your fridge or pantry and felt uninspired by what's inside? This book is for you. It will show you how to take everyday ingredients and turn them into a simple and delicious dinner. It will change the way you think about cooking.

Aims to give the reader the know-how and the confidence to create a great meal at short notice. This cookbook shows that with a well-stocked pantry, in combination with a handful of fresh ingredients, mealtime solutions are always at hand.

Take the hassles out of the festive season with this stunning gift format book. Here, you'll find simple recipes and menu planners for a traditional Christmas, a modern Christmas or a speedy Christmas.

A richly illustrated cookbook presents an array of delicious recipes that focus on fourteen different flavors--vanilla, lemon, lime, ginger, chile, garlic, onion, chocolate, salt, pepper, basil, mint, cinnamon, and spice. Reprint. 35,000 first printing.

Enjoy Simon's mouth watering collection. Over 50 fantastic recipes with something for everyone.

Where do you look when you get the urge to bake a batch of cookies, whip up a custard tart or poach a peach? This book is a resource for cooking the sweet things that everyone wants to know how to make. In Modern Classics, Australia's bestselling food writer Donna Hay takes the food from the past we love the most and makes it irresistibly new. Then she looks at what's the best of the new and turns it into a cooking classic. Coleslaw gets a well-deserved makeover while free-form ratatouille tart enters the classics category. Chicken soup comes of age again while the fresh, crunchy and healthy rice paper roll makes its debut. Modern Classics is set to become the contemporary commonsense cookbook of a new generation and an indispensable handbook to those of cooking age now. More practical inspiration from Donna Hay.

From Australia's bestselling and most trusted cook comes a stunning new book featuring super-fresh, super-fast recipes to help you feel nourished and energised ... and ready to savour life. 'One of the questions I get asked most frequently is if I still cook at home. The answer is yes. Absolutely. As often as possible.' There are days when it feels as though there's barely time to eat dinner, let alone prepare it. Donna knows on days like these, we all need a little Everyday Fresh in our lives. We all want to create delicious meals packed with flavour and everything that's good for us, with a minimum of fuss. And that's exactly what Donna Hay delivers. 'Simple made special' is the foundation of almost every recipe Donna has ever written. She's all about the classics, but also about a flexible, fresher approach to eating. She's constantly on the lookout for ways to make something easier, healthier, quicker or a little more on-trend - and she also loves a cheat, a quick-fix or anything that can be made in one bowl, that still tastes great. 'If I can create a dish that makes someone feel better because it's mouth-wateringly delicious, packed with nourishing vegetables, or helps them bring a little more balance to their life - that's success!' If you love tasty, well-prepared food but don't have time to slave over a hot stove, Donna Hay's sumptuous book is the answer to your prayers. This is the only cookbook you will need when you're time poor and after flavoursome food - it's food for every cook, every food-lover and every occasion.

Donna's groundbreaking book, THE INSTANT COOK, now comes in a beautiful paperback edition. Showcasing fuss-free recipes, Donna's trademark modern photography and styling - plus her tips on how to get the best results out of whatever you're making for cooking - this is the book to turn to when asked 'what's for dinner?'. Whether you need to whip up busy midweek fare for a famished family or present something chic and easy for a casual weekend dinner with friends - time is on your side with Donna Hay's moreish collection of over 190 inspiring recipes. Donna gives her readers the know-how and confidence to create great meals that are filling and substantial at short notice: soup; salads; pasta; rice & noodles; chicken; meat; fish + seafood; vegetables; sweets. Each chapter also includes a new feature; in which Donna shows you one essential sauce or dish with three very clever twists for you to then create three very fresh and original meals and concludes with her ever-popular 'short order' ideas: quick dishes to serve on the side or as meals on their own; using simple methods and flavour combinations.

Collects recipes that combine fresh ingredients, pantry staples, and some tricks for lighter versions of dishes, including breakfasts bars, smoothies, salads, and breads.

James Beard Award-winning and self-made chef Naomi Pomeroy's debut cookbook, featuring nearly 140 lesson-driven recipes designed to improve the home cook's understanding of professional techniques and flavor combinations in order to produce simple, but show-stopping meals. Naomi Pomeroy knows that the best recipes are the ones that make you a better cook. A twenty-year veteran chef with four restaurants to her name, she learned her trade not in fancy culinary schools but by reading cookbooks. From Madeleine Kamman and Charlie Trotter to Alice Waters and Gray Kunz, Naomi cooked her way through the classics, studying French technique, learning how to shop for produce, and mastering balance, acidity, and seasoning. In Taste & Technique, Naomi shares her hard-won knowledge, passion, and experience along with nearly 140 recipes that outline the fundamentals of cooking. By paring back complex dishes to the building-block techniques used to create them, Naomi takes you through each recipe step by step, distilling detailed culinary information to reveal the simple methods chefs use to get professional results. Recipes for sauces, starters, salads, vegetables, and desserts can be mixed and matched with poultry, beef, lamb, seafood, and egg dishes to create show-stopping meals all year round. Practice braising and searing with a Milk-Braised Pork Shoulder, then pair it with Orange-Caraway Glazed Carrots in the springtime or Caramelized Delicata Squash in the winter. Prepare an impressive Herbed Leg of Lamb for a holiday gathering, and accompany it with Spring Pea Risotto or Blistered Cauliflower with Anchovy, Garlic, and Chile Flakes. With detailed sections on ingredients, equipment, and techniques, this inspiring, beautifully photographed guide demystifies the hows and whys of cooking and gives you the confidence and know-how to become a masterful cook.

From an impromptu weeknight dinner for two to a celebration for twelve, instant entertaining is everything you need to make your occasion an instant success. Donna's menu planners provide a simple way to plan the menu from entrees through to dessert. Beautifully packaged in a hardcover format with translucent protective jacket, the book is is photographed in the style for which Donna has become known worldwide.

Featuring 50+ simply beautiful recipes for all our favourites, this is the only beef, lamb and pork cookbook you'll ever need. In the kitchen, Donna's guiding principle is to always buy the best produce available. She's made it her mission to source the best cuts of meat - and to show what can be done with them, whether it's the luxury of a slowly cooked lamb shoulder which literally falls off the bone, or simple flavour-packed recipes: roasts, casseroles and stir-fries for everyday occasions. You're sure to find dishes which will become your own trusted standbys.

Donna Hay, whose bestselling books - modern classics, off the shelf and the instant cook - made food simple, fresh and modern, changes the way you think about Christmas. Take the hassles out of the festive season with this stunning gift-format book. SIMPLE ESSENTIALS CHRISTMAS features simple recipes and menu planners for a traditional Christmas, a speedy Christmas and for treats throughout the season. As a bonus, Donna includes timesaving tips and a 10-page planning section to record notes, handy hints, and things to remember. This is a book that will become a keepsake to treasure for years to come. With its combination of delicious packaging and Donna's signature accessible style, this is a truly beautiful gift to buy others - or to keep for yourself. SIMPLE ESSENTIALS CHRISTMAS is a revised and updated edition of Christmas (2005), now repackaged into the elegant and stylish simple essentials livery. An essential for every kitchen.

Beautifully presented in Donna's award-winning style, Simple Essentials: Fruit and Simple Essentials: Salads and Vegetables give great summer recipe ideas with these two core ingredients. All recipes are tested in the Donna Hay test kitchen so cooks of every ability know that they can use them with confidence.

Donna Hay, Australia's bestselling, favourite and most trusted cook, brings you one of her most beautiful books yet: Modern Baking, with over 250 mouthwatering recipes for cakes, biscuits and all kinds of divinely delicious sweet treats. I find there's something truly enchanting about baking. From the way ingredients change as they're whisked and whipped, to the joy that a warm slice of cake can bring - it's always been my first love in the kitchen. Even though I'm a classics girl at heart, I'm forever adding on-trend twists to my sweet recipes and I want to share them with you. This book is what I like to think of as my modern baking bible. Inside are more than 250 recipes - my all-time favourite essentials, plus some super-smart shortcuts for when life gets crazy busy. I've also included plenty of better-for-you treats, made with wholesome raw ingredients, for a touch of balance. Be it chewy cookies, the fudgiest brownies, dreamy meringue or creamy iced desserts, let these modern sweets bring a little magic into your kitchen.

"Cookbook containing recipes for fresh, quick dinners for the busy cook"--Provided by publisher.

[Copyright: e439106476213528f2ff3fba664222ef](#)