

# Meal in a Bowl

Elsa Petersen-Schepelern

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Try these 30 meal-in-a-bowl recipes by Elsa Petersen-Scheperlern inspired by cuisines from around the world - each one easy to make and full of flavor. Enjoy everything from satisfying soups such as Singapore Laksa and Japanese Noodle Soup to more substantial dishes like Lamb Tagine, Beef Carbonade, or Neapolitan Fish Stew. The recipes blend the classic with the unusual in an international collection, reflecting the current interest in fresh ingredients, simply prepared. With vibrant, mouth-watering photographs by Jeremy Hopley for inspiration, these recipes are perfect served as Meals-for-One, or for casual lunches and dinners with family and friends.



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