

AM COOKING SIMPLIFIED

Fast and Effortless Recipes for Busy Days



ANN-MARIE

REVIEW

This remarkable collection offers a refreshing blend of recipes tailored for vegans, vegetarians, and cross-cultural food enthusiasts. Each dish is thoughtfully crafted to ensure that even the busiest days can be met with culinary delight. The simplicity and accessibility of the recipes make cooking not just a necessity but a pleasure.

What sets this book apart is its commitment to inclusivity, celebrating diverse flavours while maintaining a focus on health and efficiency. Whether you're seeking a quick weeknight dinner or an inspiring dish to impress guests, *AM Cooking Simplified* provides solutions that are both satisfying and easy to prepare.

Akpos Otubuere
(Food Enthusiast)



I am delighted to introduce my first-ever cookbook, “AM COOKING SIMPLIFIED: Fast and Effortless Recipes for Busy Days.”

I have put together a fine array of recipes that are so delectable. You will find something in this publication whether you are vegan, vegetarian, or simply someone who loves food. For these recipes, I have put in my heart and soul, based on the inspiration from my journey in the kitchen and my love for flavours.

Every dish is made with love, attention, and detail to ensure it brings happiness to your table. I believe food can unite people and heal our bodies.

Hopefully, these recipes will inspire you to try new dishes, while sharing tasty meals with your loved ones. “AM COOKING SIMPLIFIED: Fast and Effortless Recipes for Busy Days” invites you to immerse yourself in homemade enchantment today!

Happy cooking!

Yours sincerely and flavourful

Ann-Marie





SOUPS





LIGHT THREE-BEAN MUSHROOM SOUP WITH PAK CHOI AND GARLIC PRAWNS



This is a nutritious and delightful vegetarian or vegan dish featuring assorted mushrooms, bok choy (pak choi), and garlic prawns infused with oil (or a vegan protein alternative).



INGREDIENTS

For the Soup:

- 1 cup of canned kidney beans, drained and rinsed
- 1 cup of canned black beans, drained and rinsed
- 1 cup of canned cannellini beans, drained and rinsed
- 1 tablespoon of olive oil
- 1 medium onion, diced
- 1 cup of sliced variety mushrooms
- 4 cups of water
- 2 cups of pak choi head, chopped
- Salt and pepper to taste

For the Garlic Prawns:

- 12 large prawns, peeled and deveined
- 1 tablespoon of olive oil
- 2 tsp of garlic & ginger paste, you can use freshly chopped
- Zest of 1 lemon
- Salt and pepper to taste



Prepare Time
10 Minutes



Cook Time
40 Minutes



COOKING METHOD

- Add 1 tablespoon of olive oil in a large pot over medium heat. Add the onion and sauté for about 5 minutes until it becomes translucent. Then add the sliced mushrooms to the pot and cook them until they release their juices and become soft; this should take about 5 minutes. Pour water into the pot and bring to a boil.
- Reduce the heat to simmer. Add kidney beans, black beans, and cannellini beans. Let it simmer for about 15 minutes so that the flavours can blend nicely. Finally, stir chopped pak choi into the pot and continue cooking the soup on low heat for another 5 minutes until it wilts completely. Season with salt and pepper according to your taste.
- Meanwhile, bring vegetable stock to a boil. Sauté minced garlic cloves mixed with crushed ginger paste in a skillet until aromatic, for approximately one minute over medium heat. Add the prawns to the skillet and cook until they turn pinkish-white, about 2-3 minutes per side. Flip them over using tongs to ensure even cooking throughout. Season with salt and pepper.
- To serve, spoon soup into each bowl and garnish with prawns and lemon zest. Enjoy!

About the Author

Ann-Marie, a Jamaican-born UK food blogger, content creator, recipe developer, and author, is celebrated for her infectious zest for life and dedication to healthy, accessible meals. She believes wellness should never compromise taste, earning her a reputation as a trusted guide for those seeking a flavourful and nourishing lifestyle. Her vast knowledge and delectable recipes reflect her commitment to sharing culinary expertise.

A passionate home cook, Ann-Marie explores new flavours with innovation and vibrancy. Her culinary journey began in childhood, inspired by her grand-aunt Sylvia's treasured family recipes. This mentorship ignited a lifelong passion that drives her creativity in the kitchen to this day.

Each of Ann-Marie's recipes offers more than just a meal - they invite a lifestyle of nourishing choices and indulgence. Blending her Jamaican roots with diverse cuisines, she tantalises taste buds and celebrates global flavours.

