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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. February 6th is National Chopsticks Day so it s a good opportunity to grab some sushi, whip up a stir fry and sample some delicious must-try Asian food. In less than a generation, Asian cuisine has gone from being a niche food enjoyed by the few to being one of the most popular takeout meals. Take for instance Orange Chicken, which features on lots of takeout menus and at large chains. This dish is usually fried and battered with a sweet and fruity glaze which is great for sweet tooth but maybe not so good for fat, sodium and sugar content. Whereas as our Go Lite Orange Chicken comes in at under 400 calories per serving, has only six ingredients and contains no added sugar. What s more, it s ready in half an hour. How about Chicken Fried Rice? Create your home-made version using fresh ingredients, most of which you probably already have in your kitchen cupboards. It isn t just Chinese food that is mainstream either, Japanese sushi and sashimi are growing in popularity, too. It s low in calories and fat and easy to make. Choose from our Tilapia Sashimi in Jalapeno Sauce, Zesty Salmon Sashimi with Pink Grapefruit and our carb cutting Spicy Tuna Rolls with Cauliflower Rice. Alternatively, if you prefer your fish cooked! Discover our Shrimp Pad Thai, Thai Fish Cakes with Cucumber Dipping Sauce, and Nori Wrapped Seaweed. Eating with chopsticks is not a requirement for enjoying our 40 Must-Try Asian Recipes, but it s a great way to celebrate National Chopsticks Day on February 6th.



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