

Lunch Box

January 2016



■ Synopsis:

Cousin to the Japanese « bento », the lunch box has become quite trendy in a few years. It is this box you bring at the office, containing your meal for lunchtime. It can also be used for picnics with friends in a park. It is synonymous with fast cooking, healthy, balanced, economical and it appears as a solution to food wastage.

Sophie Bandeville offers with this title recipes for lunch boxes, following the four seasons, and the following profiles: children, students, sportspersons, vegetarians, exotic-cooking fans, and classic cooking fans. Main course and desserts recipes are both available.

■ The Author:

Sylvie Bandeville is a gastronomic journalist. She is also author and culinary stylist. She worked for many magazines, including Cuisine et vins de France (Marie Claire Group). She graduated from L'École Supérieure d'Arts Graphiques of Paris.

■ Specs:

➤ Series: Cooking

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➤ RPP: 12 €

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