

The **BATCH LADY**

GRAB AND COOK

No-fuss prep-ahead meals to make life easy

By bestselling author **Suzanne Mulholland**

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Grab and Cook from the pioneering author Suzanne Mulholland ([The Batch Lady](#)) is leading the way with this revolutionary method to put satisfying, wholesome food on the table every day. Most of these recipes take no more than 5 minutes to prepare and can be cooked there and then or popped into the freezer and grabbed out for an easy meal whenever needed.

These prep ahead recipes mean you are making your own homemade ready meals rather than overspending on highly processed meals from the supermarket. **Grab and Cook** recipes use all raw ingredients and there is no prior cooking involved before freezing, you are simply preparing the meal and then freezing leaving you with a fridge or freezer full of delicious homemade meals. By using environmentally friendly, re-usable freezer bags, filled with pre-chopped raw ingredients, Suzanne is changing how we scratch cook, helping those without the time, confidence, or inclination to still have a healthy, quality home cooked meal whenever they want.

All of the vibrant and interesting recipes have instructions for cooking in multiple appliances - including oven, air fryer, pressure cooker, hob, slow cooker and microwave - so you can choose the one that suits you.

In **Grab and Cook** you will find breakfast and brunch recipes (*Raspberry, white chocolate and pecan brioche bake*), light bites and lunches (*Feta & spinach filo swirls*), weeknight meals, Fakeaways (*Satay Chicken Curry*) as well as meals for family and friends, easy bakes (*Chocolate chip stuffed cookies*), and desserts (*Hot Nutella Pots*).

The Batch Lady includes practical advice on managing and organising your freezer, how to organise your kitchen along with tips to empower your kids in the kitchen with recipes suitable for them to cook. She skilfully guides you through meal planning for the week so you can get ahead and in control, not only of your meals, but of your food shopping and budget.

Save time, money, and stress with The Batch Lady's life-changing approach to everyday cooking. Delicious and affordable get-ahead meals – cook how *you* want, ready when *you* want.

***Freezable healthy meals for any appliance * 5 and 10-minute prep times**

***Speedy air fryer and pressure cooker methods * Hassle-free slow cooker instructions to set & go**

*** Oven or hob option for each recipe * Perfect results every time**



[Suzanne Mulholland](#), known as The Batch Lady, is a time-saving guru and family-cooking expert. She is helping thousands of people to spend less time in the kitchen by getting organised in advance and filling the freezer full of homemade ready meals saving time, money, and waste.

The Batch Lady method was developed by Suzanne to share her cookery and time management expertise to help people get organised in advance and take the stress out of our daily meal times.

Suzanne worked as a time-management expert and took all the tools from her previous job and applied them to cooking when she had children. She showed a few friends how she stayed organised and made all her meals in advance, they loved it and after encouraging her to share recipes on Facebook and Instagram, The Batch Lady was born.

Suzanne currently has half a million followers across all her platforms. A regular on daytime TV, she spends her time developing recipes, writing books and articles, doing live and online demonstrations and works with brands. She is often found on the public speaking circuit as an inspirational speaker on saving time and starting up a business. Her four previous *Sunday Times* bestsellers are published in many countries, and she has an engaged following around the world. She lives with her husband and two teenagers on a working hill farm in the rural Scottish Borders.

Making dinner every night can often seem like a groundhog day task, consistently taking up headspace from what to buy, what to eat, when to serve. Take the monotony away, prep these meals in a few minutes, throw them in your fridge or freezer for the week ahead and enjoy clarity of headspace'. Suzanne Mulholland (The Batch Lady)