

BBC

www.bbcgoodfoodme.com

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# Good Food

MIDDLE EAST

## SUPER HEALTHY:

- Fast Friday-night food
- Make it this evening
- Ready in 30
- Super salads

ENTERTAIN AT HOME

MOROCCAN TRAVEL

GORDON RAMSAY'S  
NEW YEAR SPECIAL

Sourcing coffee beans  
IN ETHIOPIA

*A fresh start*

Enjoy a deliciously-healthy lifestyle in 2010