

- 8 **Annalena Ganner**
- 10 **Schnell und einfach kochen:
So geht's!**

30-Minuten- Lieblinge

- 16 Ofen-Parmigiana
 Melanzane alla Parmigiana
- 18 Mamas Zitronenschnitzel mit Reis
- 20 Falafel mit Joghurtsauce
- 22 Feurige Garnelenpfanne
 mit Knoblauch
- 24 Lachsfilet mit Peperonisauce
- 26 Orientalischer Melanzanesalat
- 28 Cremige Brokkolinudeln
- 30 Ofengemüse mit Burrata
- 32 Mediterranes Fischpäckchen
- 34 Pasta alla Norma

Turbo-Rezepte in 10–20 Minuten

- 38 Blitz-Gazpacho
- 40 Ofen-Feta mit Tomaten
- 42 Glasnudelsalat
- 44 Frittata mit grünem Spargel
- 46 Avocado-Toast mit Spiegelei
- 48 Überbackenes Tomaten-
Mozzarella-Baguette
- 50 Vitello tonnato auf meine Art
- 52 Selleriesalat mit Parmesan und Zitrone
- 54 Orientalisches Shakshuka
mit Kichererbsen
- 56 Gebackener Ziegenkäse
mit Honig und Walnüssen
- 60 Couscous-Caprese-Auflauf
- 62 Asiatische Pfannennudeln mit Pilzen

Für Gäste

- 66 Dinkel-Flammkuchen
mit Kürbis und Speck
- 68 Zitronenrisotto
- 70 Penne alla Vodka auf meine Art
- 72 Schnelles Butter Chicken
- 74 Katchapuri – Georgische
Käsebrotschiffchen
- 76 Cremiger Zucchini-Isotto
- 78 Tagliata mit Rucola-Parmesan-Salat
- 80 Hühnchen in cremiger Currysauce
- 82 Hackbällchen Gyros-Art
- 84 Mariniertes Feta

Meal Prep – zum Mitnehmen

- 88 Blätterteigschnecken mit Frischkäse,
Schinken und Zucchini
- 90 Couscous-Karotten-Salat
- 92 Salat mit Mango, Avocado
und Hühnerbruststreifen
- 94 Tramezzini mit Grillgemüse
und Pesto
- 96 Poké Bowl mit Räucherlachs
- 98 Cremige Tomaten-Risoni
- 100 Fried Rice – Gebratener Reis
- 102 Veganer Bulgursalat mit Gemüse
- 104 Bunte Gemüsepudding
- 106 Panzanella – Toskanischer Brotsalat

Süße Blitzrezepte

- 110 Tassenkuchen mit Quark
und Beeren
- 112 Saftige Joghurtmuffins
- 114 Frozen Yogurt – Gefrorener Joghurt
- 116 Oma Marthas Erdbeerroulade
- 118 Papas saftiger Schokokuchen
ohne Mehl
- 120 Fluffiger Kaiserschmarren
- 122 Vegane Avocado-Schoko-Mousse
- 124 Gesunde Frühstücksbowl
mit Himbeeren

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