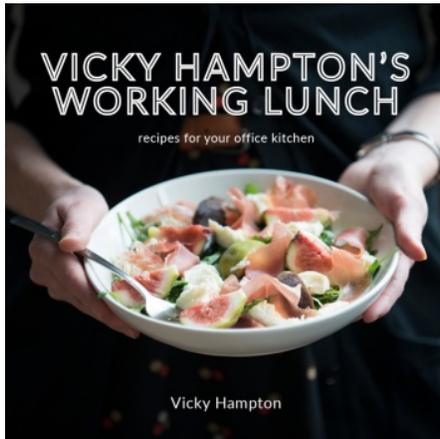


FOR IMMEDIATE RELEASE

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Vicky Hampton's Working Lunch
recipes for your office kitchen

Written by Vicky Hampton
Published by Amsterdam Foodie

TIME TO TRANSFORM YOUR LUNCH BREAK!

Amsterdam, the Netherlands – Bored of overpriced cheese sandwiches and packet soups from the canteen? If your workplace has a surface big enough to fit a chopping board, and perhaps a kettle or toaster at best, *Vicky Hampton's Working Lunch* is here to help. Amsterdam Foodie is proud to announce the re-launch of this inspiring little cookbook – now available in both hard cover and e-book formats!

Vicky Hampton's Working Lunch is for people who are keen to make healthy, simple lunches, but who don't have the time to spend hours in the kitchen – whether at home or at work. This compact cookbook features some 50 easy lunch recipes (in English) covering everything from fresh, vibrant salads to cool, summery soups, and from spicy couscous to pimped-up sandwiches. And the best part? The recipes use very little equipment, meaning you can make them *anywhere* – at work, at home, on your travels, you name it.

The book is available via [Amsterdam Foodie's web shop](#), priced at €14.99 for the printed hardback and €4.99 for the e-book. Discounts available for bulk orders – the book makes a great company gift for employees!

About the Amsterdam Foodie

British-born Amsterdammer Vicky Hampton, better known for her blog [amsterdamfoodie.nl](#), has been cooking since she could reach the kitchen counter in her dad's hotel. She has written for a string of international publications, including Eyewitness and Michelin guides to Amsterdam, the *New York Times*, *The Guardian* and *Time Out*. She has hosted a variety of culinary events, including her pop-up, "Hidden Kitchen", and cookery workshops.

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Note for editors:

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