

**FOR IMMEDIATE RELEASE**



**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 ham-and-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 launch of this inspiring little cookbook, just in time for the holiday season!

*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. This compact cookbook features some 50 easy lunch recipes covering everything from fresh, vibrant salads to cool, summery soups, and from spicy couscous to pimped-up sandwiches.

The book is priced at €15 and will be available via [Amsterdam Foodie's web shop](#). Ideal for those who work at international companies – making a great corporate gift for employees – the book is written in easy, accessible English, with the inimitable tone of voice of the Amsterdam Foodie.

**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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