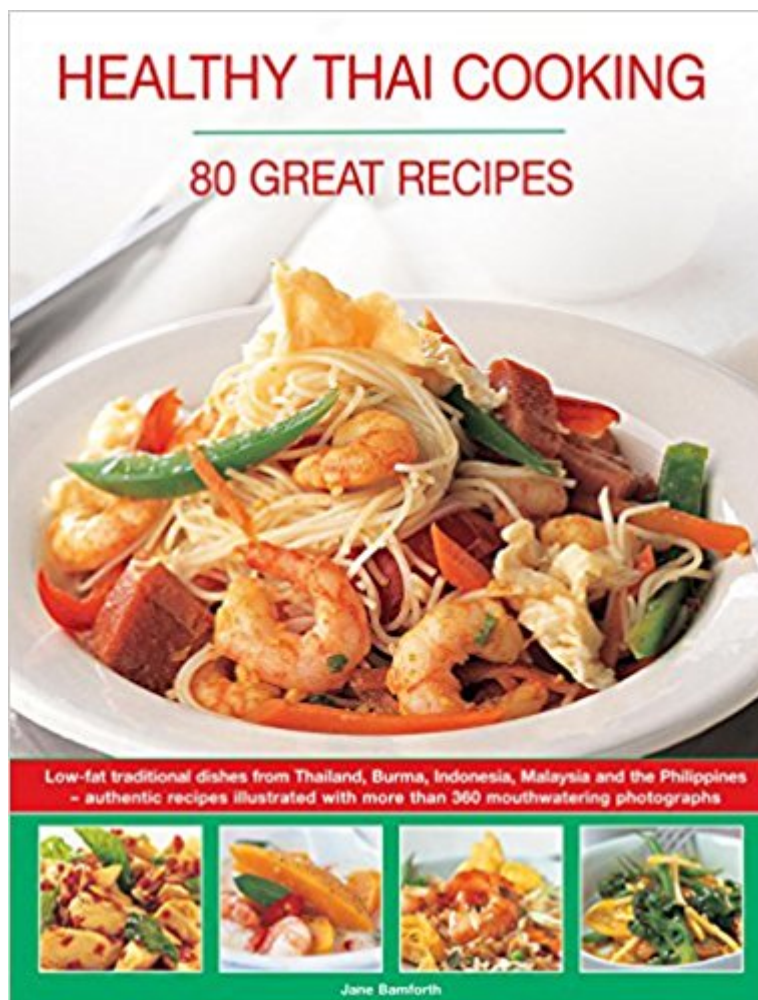


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Synopsis

Here are low-fat versions of best-loved Thai dishes offering all the taste in healthy ways.

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Jane Bamforth has been a freelance food consultant for many years, working for Waitrose, Tesco and the BBC, developing, writing and testing recipes and editing cookbooks.

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