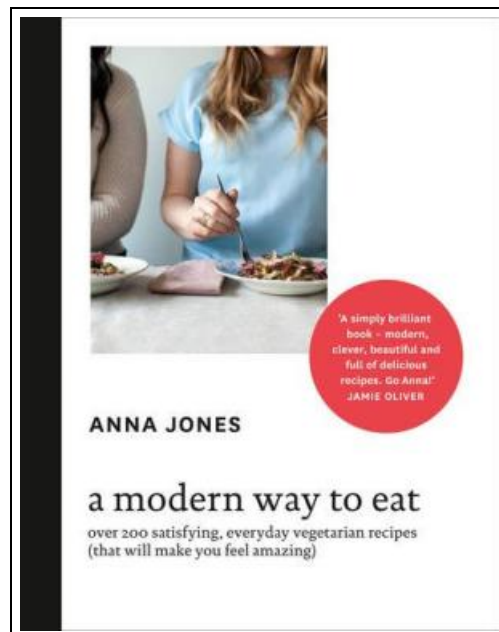


A Modern Way to Eat: Over 200 Satisfying, Everyday Vegetarian Recipes (That Will Make You Feel Amazing) (Hardback)



Filesize: 9.69 MB

Reviews

Extremely helpful for all type of folks. It generally is not going to expense a lot of. I found out this book from my dad and i advised this book to find out.

(Melany Goyette)

A MODERN WAY TO EAT: OVER 200 SATISFYING, EVERYDAY VEGETARIAN RECIPES (THAT WILL MAKE YOU FEEL AMAZING) (HARDBACK)



HarperCollins Publishers, United Kingdom, 2015. Hardback. Condition: New. Language: English . Brand New Book. `A simply brilliant book - modern, clever, beautiful and full of delicious recipes. Jamie Oliver A modern vegetarian cookbook packed with quick, healthy and fresh recipes, that fits perfectly with how we want to eat now. How we want to eat is changing. More and more people want to cook without meat a couple of nights a week, or are looking for interesting ideas for dishes for their vegetarian friends (whilst pushing their own vegetarian repertoire beyond a red onion and goat s cheese tart or a mushroom risotto). At the same time we want to eat food that is a little lighter, a little healthier, a little easier on our pockets, but that won t have us chopping mountains of veg or slaving over the stove for hours. Anna Jones is a brilliant young cook and food writer, who worked with Jamie Oliver for many years. Her first cookbook is a totally modern take on vegetarian eating - recipes that are healthy, nourishing, truly tasty and satisfying, introducing new dishes that are simple to make. Based on how Anna likes to eat day to day, A Modern Way to Eat covers everything from a blueberry and amaranth porridge to start the day to a quick autumn root panzanella or avocado, butterbean and miso salad for lunch; a tomato and coconut cassoulet, pistachio and squash galette, or mint, ricotta and courgette polpette for dinner. Packed with recipes that explore the full breadth of vegetarian ingredients - different grains, nuts, seeds and seasonal vegetables - and alternative approaches to cooking that avoid too much dairy or heavy carbs and gluten, this is a cookbook for how we want to eat now.



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