



Veggie Comfort Food (Hardback)

By Josephine Ashby

PAVILION BOOKS, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. In this new cookbook from the National Trust, nutritionist Josephine Ashby puts together over 100 tasty and healthy dishes that are fuss-free, economical, and quick to make. The book features hearty salads, small plates to share, delicious and filling main meals and colourful, mouth-watering desserts. Whether you are vegetarian or just looking for some alternatives to meat in your diet, this book will get you cooking! Get inspired with recipe suggestions including mushroom and tofu Chinese pancakes or sweet potato bubble and squeak; comforting bowls of lentil and coconut soup or sweetcorn chowder; hearty mains like the courgette, fennel, potato and feta gratin, Red dragon pie, polenta pizza or a creamy cannellini bean `dhal . And treat yourself to delicious cakes and desserts such as chocolate and cashew pudding or zingy fruit lollies. The recipes have options for vegan or gluten-free versions, so you can adapt to suit. Vegan recipes such as celeriac and pumpkin seed salad with almond mayonnaise and blueberry tart with nut crust are full of flavour. The meals are packed with filling nuts and grains, as well as superfoods such as blueberries...



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