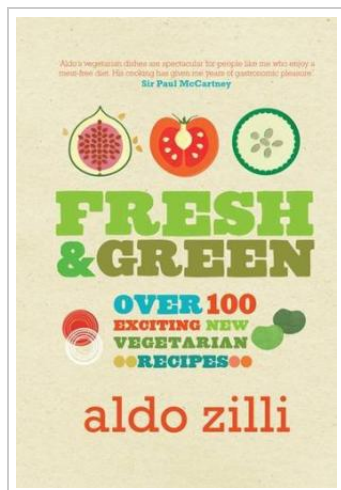




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Fresh Green (Hardback)

By Aldo Zilli

Simon Schuster Ltd, United Kingdom, 2012. Hardback. Condition: New. Language: English . Brand New Book. Italian cuisine is brimming over with sun-kissed vegetables that are so full of flavour and versatility they make a meal on their own. In Fresh Green Aldo Zilli creates delicious, meat-free Mediterranean dishes to eat all year long. Eating vegetarian food has become increasingly popular with people cutting down or cutting out meat for health, ethical and environmental reasons. This book will show you what to do when you have a vegetarian coming to dinner, how to do a meat-free dinner party or celebration meal, or what happens to the family meal planning when one teenager decides to go veggie. The core of the recipes are inspired by the famously healthy Italian diet with its emphasis on fresh vegetables and fruit but Aldo has added his unique slant by adapting dishes he has discovered in Asia and South America like toasted tofu, smoky black beans, roasted aubergines and grilled haloumi. This book will look so yummy, non-veggies will love it too.

Reviews

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