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In The Flexible Vegetarian you'll find recipes for breakfast, soups, small plates, big plates and dips. I'm not a soup person, but Jo Pratt has me converted, after seeing some of the soup recipes I know that I'll try out at least the pumpkin soup & the carrot, coconut and cardamom soup.

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Eat less meat with the Flexitarian, Vegetarian and Vegan recipes from The Flexitarian.

Family Meals. Vegetarian, vegan and flexitarian recipes.

Vegetarian, vegan and flexitarian recipes. A tian is a dish originating from Provence which usually includes layered vegetables. This is my own version adapted so it can

make a complete meal.

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As well as easy meat and fish additions and hacks for each vegetarian recipe, The Flexible Vegetarian shows you how to ace a handful of classic recipes, from the perfect roast chicken, to the perfectly cooked fish fillet. Chapters include: Brunch, Broths, Small Plates, Large Plates, and Dips & Bits.

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Most recipes, though tempting, have ingredients that I'd have to add specially to my shopping list, if you're on a budget this might be something to bear in mind. Overall - appealing vegetarian/flexitarian recipes from a cookery writer I trust, some of which are going to take more effort and planning.

Go meat free any day of the week by adopting a flexitarian diet. Flexitarians (aka Flexible Vegetarians) have a plant-based diet with the occasional addition of meat. Some people will have a meat-free meal once a week while others will only eat meat on rare occasions.

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