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With numerous spring rolls, curries, sushi, noodles, and much more, you'll definitely enjoy cooking your vegan meal plans. This book has over 200 plant-based recipes which celebrate the rich spice of Asia and the joy of eating plants and vegetables. PROS. Traditional recipes which have always been meatless.

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Review: The Vegan Cookbook by Adele McConnell Published by: Nourish Books (21st September 2017) ISBN: 978-1848993389 Source: NetGalley Rating: 4* Description: Adele McConnell brings a fresh, inspired look to plant-based food, showing just how satisfying, dynamic and undeniably delicious contemporary vegan cooking can be.

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This cookbook contains over 100 quick, easy, mouth-watering recipes, and cooking with it will be a piece of carrot cake. Whether you want to try a few meat-free days, completely embrace a vegan lifestyle, or maybe just want to try some amazing new flavor combinations, this cookbook checks all the

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[The Vegan Cookbook 100 Plant](#)

The Plant-Based Cookbook is her fifth, and features over 100 brand new plant-based recipes - think filling salads, veggie burgers, breakfast ideas like vegan shakshuka and sweet treats including peanut cookies and fudgy brownies. Vegan in 7 Vegan in 7 by Rita Serano, £11.89, Amazon

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