

Chapter 1 : The Meat Free Monday Cookbook (cookery) - E-book - Kitap - TNC-TR

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This book does not currently have any notes. Notes about Recipes in this book Spaghetti omelette Hannah on September 07, This is one of those recipes I would never have thought of in a million years. Unusual and child friendly. Made with dairy free marg and nooch for cheese. Could easily add different flavours. Olives would work well. The family loved it and now want it every week! If only they knew the calorie content. I mixed the parmesan with the breadcrumbs rather than adding it into the cheese sauce. Suirauqa on November 24, This is easy make and delicious for an everyday supper. Astrid on June 20, Delicious last minute dessert! Would be good for a brunch. I pre-boiled potatoes to speed up. Soundly rejected by toddler. Plum crumble jammydodger on July 24, Not bad, although it was really a bit sharp for a pudding might work better if you have sweeter plums. As a breakfast, though, with plenty of natural yoghurt, it works very well. Hannah on June 25, Meal enjoyed by all, spices quite subtle. Roasted mushrooms, tomatoes and pine nuts Hannah on October 28, I was looking for a simple straightforward way to cook Portobello mushrooms and this was just the thing. Served with spinach and avocado on toast for a healthy ish breakfast for dinner. Eggs would have been excellent too but had run out. Would make an easy brunch for next time guests stay over. Rhubarb, apple and oat crumble Hannah on January 26, This was good. Made dairy free with sunflower spread. Tried to cut corners using food processor for crumble but overmixed it. Would make again, just the right level of sweetness. Granola Alro9 on February 05, I used almonds and cashews for the nut component of this recipe and then dried sour cherries for the fruit. Chickpea curry Alro9 on February 05, I followed a note left by another person and added water to prevent the carrots sticking and burning. The flavour of the curry was good I think I might have preferred another vegetable to carrots in combination with chickpeas. I used whole bottled Spanish chickpeas which were delicious and avoided the prep the night before. Melanie on February 29, p Love this versatile chickpea curry which is very easy to put together after work. I substituted canned chickpeas for the dried chickpeas - I used g canned chickpeas no soaking overnight and halved the remaining ingredients. I also swapped raw sugar in for the maple syrup and just used ground spices that I had at hand halving the fennel. One tip - add about a cup of water when you add the carrots otherwise everything will probbaly start to burn. Rosted veg and miso dressing with sesame seeds Alro9 on November 06, Delicious and very easy to prepare. You could use any combination of vegetables but the dressing is very good. Rich and creamy celeriac gratin RosieB on June 16, This is a great way to cook celeriac. Really tasty and a change from potato gratin. Will definitely make again. You must Create an Account or Sign In to add a note to this book. Reviews about this book.

Chapter 2 : The Meat Free Monday Cookbook by Annie Rigg

In , Paul, Stella and Mary McCartney launched the Meat Free Monday campaign as a simple and straightforward idea to show everyone the value of eating less meat - and to make it easier for us all to do so. "The Meat Free Monday Cookbook" is for everyone who shares the campaign's aims and consists.

Amaranth is classed as a herb. Both the seeds and the leaf are edible. The seeds, like that of quinoa, are high in protein and taste similar to true grains grown from grass seeds. I use amaranth seed in my granola recipe here. Not knowing much about Amaranth I did some research: Both of these phytochemicals are powerful antioxidants and are being studied for their potential to reduce the risk of some cancers, heart disease and slowing down the aging process. Tip the washed and drained spinach leaves into a large pan over a medium heat and cook until the leaves are wilted and tender. Add the spinach and cook for a further 2 minutes. Once cooked I like to blend with a stick blender to get a paste rather than just chopped leaves. Add the ricotta, Parmesan, plain flour and egg yolks to the mixture and mix until smooth. Cover and chill the mixture for a couple of hours to firm up. Whilst the ricotta and spinach mix chills in the fridge prepare the tomato sauce. Heat the olive oil in a saucepan over a medium heat, add the remaining onion and cook until soft but not coloured. Add the crushed garlic and cook for a further minute. Bring to the boil and simmer over a medium heat for about 7 minutes until slightly thickened. Once cooked add the chopped basil. Lightly dust the work surface with a little plain flour and roll the spinach mixture into a log about 3cm in diameter. Cut the log into 3cm pillows or gnocchi and lay on a baking tray that has been lightly dusted with plain flour. Bring a large pan of salted water to the boil. Add the gnocchi and cook for about 3 minutes until tender and the gnocchi float to the surface of the water. Drain the gnocchi and serve in bowls with the tomato sauce, scattered with grated Parmesan and drizzle with extra virgin olive oil. Quite an irregular colour I must admit, they almost look like chocolate biscuits! You can freeze the Gnocchi at this stage if you like. Freeze flat on trays like this then transfer to ziplock bags once hard. Spinach Ricotta and Parmesan Gnocchi Despite the dubious colour, the Spinach, Ricotta and Parmesan Gnocchi were light and fluffy as they have been previously. It did get a few raised eyebrows at the dinner table but they all got eaten nonetheless!

Chapter 3 : Meat-Free Monday Cookbook - Relish

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Chapter 4 : Thanksgiving Savings on The Meat-Free Monday Cookbook (Cookery) (Paperback)

The Meat Free Monday Cookbook also proves how simple it is to eat less meat by including irresistible vegetarian menus for every week of the year - two main dishes, plus four other ideas for each meal of the day.

Chapter 5 : Spinach Ricotta and Parmesan Gnocchi: A Meat Free Monday recipe

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And if you glance inside The Meat Free Monday Cookbook, the culmination of the McCartneys' work, you'll see what we mean. It's organized by season, each chapter containing 12 weeks, and each week's section outlining menus for breakfast, lunch and dinner.