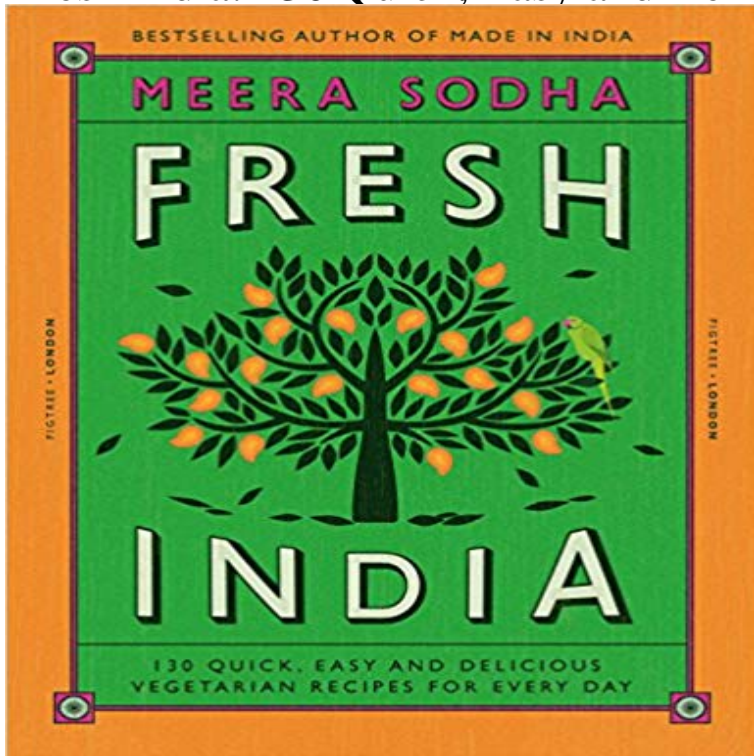


Fresh India: 130 Quick, Easy and Delicious Recipes for Every Day



From the author of the Top Ten Bestseller Made in India Following on from her bestselling Made in India, Meera Sodha reveals a whole new side of Indian food that is fresh, delicious and quick to make at home. These vegetable-based recipes are proper feel good food, and full of flavour. Here are surprising recipes for every day made using easy to find ingredients: mushroom and walnut samosas, oven-baked onion bhajis and beetroot and paneer kebabs. There are familiar and classic Indian recipes like dals, curries and pickles, alongside less familiar ones using fresh seasonal British ingredients, like Brussels sprout thoran, Gardeners Question Time pilau and green beans with cashew nuts and coconut. And then there are showstoppers such as daily dosas with coconut potatoes, roasted cauliflower korma, sticky mango paneer skewers, wild mushroom upma and lime pickle rice with roast squash and red onion. To finish, there's a chapter of luscious puddings like salted peanut and jaggery kulfi alongside carrot halwa and pistachio cake. Whether you are vegetarian, want to eat more vegetables or just want to make great, modern Indian food, this is the book for you.

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