



River Cottage Light & Easy: Healthy Recipes for Every Day

By Hugh Fearnley-Whittingstall

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'Eating more healthily isn't about denial. For example, reducing one's dependence on wheat flour and dairy ingredients, which don't appear at all in this book, turns out to be a delicious voyage of discovery. New grains, new oils, new tastes, new combinations: it all adds up to a new zest for life.' Hugh Fearnley-Whittingstall

Ever lack the time or inspiration to cook a nourishing meal after a hectic day? Delicious, health-giving food doesn't have to be time-consuming and complicated. In *River Cottage Light & Easy* Hugh Fearnley-Whittingstall delivers wholesome delights with zero compromise on taste for all occasions - from brilliant breakfasts to goodness on the go, from crunchy salads to simple roasts and hotpots, from nutrient-packed fish dishes to lighter breads, baking and treats (we all need those!). Each recipe is dairy-free and wheat-free, and all are guaranteed to bring a fresh energy and vitality to your everyday cooking and eating. The 170 flavour-hitting recipes include: easy almond milk, pumpkin seed drop scones, savoury buckwheat galettes, wheat-free spinachy wraps, rye grissini, swede and smoky bacon soup, fragrant Asian broth, raw courgette and fennel salad with peanut dressing, Nordic slaw with rye crumbs, fish-rizo with broad beans, speedy fish and tomato curry, easiest ever storecupboard fishcakes, spiced beef with bashed beans, aromatic nutty chicken, lamb and cashew curry, smashed roast Jerusalem artichokes, beetroot burgers, perky pestos, feisty salsas, rhubarb, apple and ginger pie, peach and orange sorbet, chocolate and avocado mousse, chestnut marmalade muffins and life-loving brownies...With striking photography from Simon Wheeler, this beautiful book provides solutions to creating the most nourishing and healthy of meals as quickly and easily as possible.

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