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### **BOSH! The Cookbook: Simple Recipes, Amazing Food, All ...**

redjanet on November 06, 2018 . This took a little bit longer than I anticipated to prep, but it was completely worth it for such amazing flavour. I loved using minced mushroom instead of processed fake beef mince (or beef!) in combination with kidney beans and black beans and many other flavour-enhancing ingredients such as soy sauce, balsamic vinegar, maple syrup and chocolate.

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Whether you're already sold on the plant-based and vegan lifestyle or you simply want to incorporate more meat, dairy and egg-free meals into your week, BOSH! is your new bible.

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### **Get the BOSH! Books - BOSH!**

Buy BOSH!: Simple recipes. Unbelievable results. All plants. The highest-selling vegan cookery book ever 01 by Firth, Henry, Theasby, Ian (ISBN: 9780008262907) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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Bosh is a British term for “eat hearty,” and the authors offer 140 recipes that reflect their enthusiasm for their wholesome plant-based cuisine. With these flavorful, uncomplicated recipes, cooks can tackle preparing dishes free of meat, eggs, and dairy: a Quick Eats chapter offers mushroom pho and such reimaged pasta dishes as Guacaroni ...

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These simple, no-fuss recipes will pack in the flavor with unbelievable results. Recipes will include: Cheeseburger Dough Balls Ultimate Falafel Wraps with 3-Ingredient Flatbreads, Hummus, and Chili...

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exciting approach to simple, tasty plant-based food." ANNA JONES, author of A Modern Way to Eat "Ian Theasby and Henry Firth from "BOSH!" create simple and imaginative vegan recipes which are filmed and broadcast to over 1.4m Facebook users.

### **BOSH!: Simple Recipes. Amazing Food. All Plants.: Henry ...**

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Place the red onion, garlic and 150g chestnut mushrooms in the food processor and blitz into a fine mince. Once minced, transfer to a bowl and put to one side. Remove the leaves from the rosemary and thyme and finely chop, placing the chestnuts, pecans and wholemeal bread in the food processor and blitzing to form a textured filling.

### **Make this BOSH! easy and healthy roast dinner | Recipes ...**

Simple Recipes \* Amazing Food \* All Plants (BOSH Series) (Hardcover) BOSH!: Simple Recipes \* Amazing Food \* All Plants (BOSH Series) (Hardcover) By Ian Theasby, Henry David Firth. \$27.50 . Add to Wish List. Out of Stock; Usually Arrives in 2-5 Days. Description.

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Henry Firth and Ian Theasby, creators of the world's biggest and fastest-growing plant-based platform, BOSH!, are the new faces of the food revolution. Their online channels have well over 1.8 million fans and constantly inspire people to cook ultra-tasty & super simple recipes at home. In BOSH! The Cookbook, Ian and Henry share over 140 [...]

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Recipe Courtesy Henry Firth & Ian Theasby from their book "BOSH: Simple Recipes, Amazing Food, All Plants" Get more information about this episode >> The Latest Recipes

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