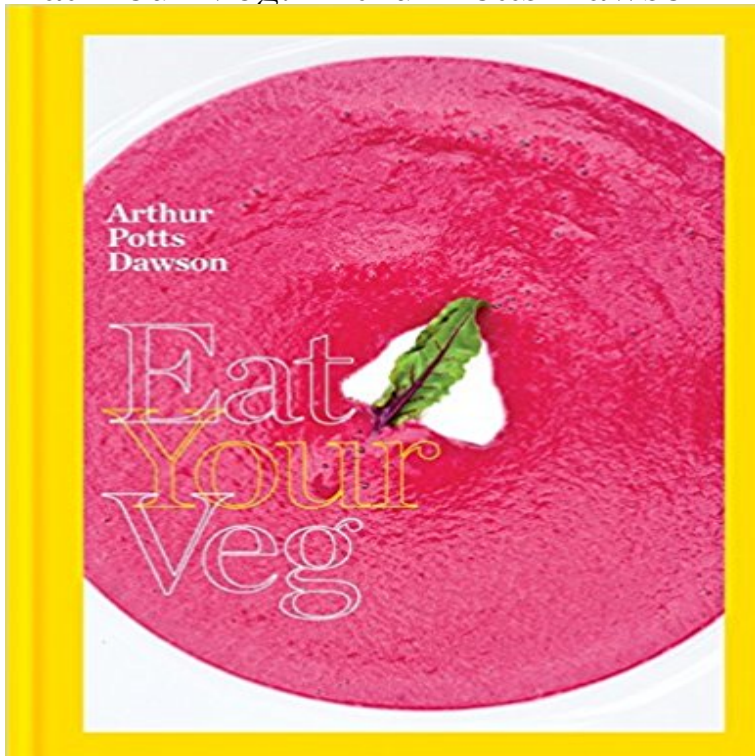


## Eat Your Veg. Arthur Potts Dawson



Eat Your Veg isn't about being a vegetarian. This isn't a vegetarian cookbook. It's a new way of life that celebrates vegetables and puts them at the centre of the plate. Eat Your Veg presents a mix of classics, basics, simple food and show-off dishes that make the most of what's in season. Whether you receive organic food box deliveries, go to farmers markets or raid what's on special offer at the supermarket, you'll be able to enjoy more veg, every day. With suggestions for your store cupboard and advice on what to eat when, and an incredible variety of vegetables and recipes we've got all the inspiration you'll need - from beetroot soup with cumin and coriander to butternut ravioli with brown butter, and from gratin dauphinoise to asparagus salad with peas, broad beans and mint - all arranged by vegetable in an easy-to-use format.

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