

# MEGA VEGGIE



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## Mega vego

Sara Ask & Lisa Bjärbo

197x237, 336p

*More veggie and Even more veggie have become classic cookbooks for the whole family.*

The Swedish editions have sold more than 80 000 copies, and the books have been translated into several languages. Now comes *Mega veggie*, with recipes from both books along with many new dishes and tips.

*Mega veggie* contains everything from the earlier books and new sections on sticking to a budget, tips on saving time when cooking and simple food on the go. As well as more than twenty new recipes, among them pasta gialla, okonomiyaki – a Japanese cabbage pancake – coconut rice with chilli sizzled vegetables, pulled portabella and vegan snickers.

## About the authors



**Sara Ask** has worked as a dietician at Astrid Lindgrens Children's hospital and for ten years has been the expert on children's food in the *Vi Föräldrar* magazine.

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