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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

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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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BOSH!: Simple Recipes \* Amazing Food \* All Plants: Theasby, Ian, Firth, Henry David: 9780062820686: Books - Amazon.ca

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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 reimagined pasta dishes as Guacaroni ...

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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

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filmed and broadcast to over 1.4m  
Facebook users.

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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 ...**

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### **Bosh!: Simple Recipes Amazing Food All Plants | Beyond The ...**

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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