



YOUR FAVOURITES  
ALL PLANTS

# BOSH! BASH!

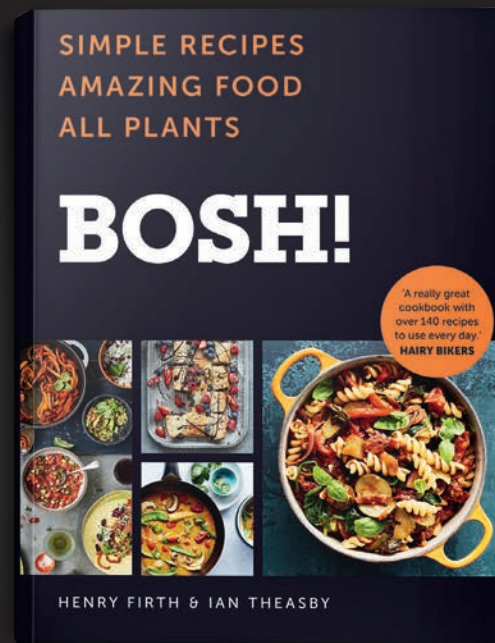
'The vegan  
Jamie Olivers'  
**THE TIMES**

THE SUNDAY TIMES NUMBER 1  
BESTSELLING AUTHORS

**HENRY FIRTH &  
IAN THEASBY**



## The *Sunday Times* No. 1 Bestseller



- The bestselling cookery debut of 2018
- Over 500 ★★★★★ star customer reviews
  - Over 100,000 copies sold
- Awarded Best Vegan Cookbook at the PETA Vegan Food Awards 2018
- Shortlisted for the Specsavers Food and Drink Book of the Year Award
  - The highest selling vegan cookbook since records began

## Welcome to ***BISH BASH BOSH!***

It's our mission to show you just how deliciously wonderful eating plants can be. That's why we exist. It's what we do.

We are massive food lovers, and we made the decision to adopt a fully plant-based diet in 2015. Since then we've made it our aim to create the most delicious and nutritious meals we could, and we've shared hundreds of them on our channel, which has since grown to the largest plant-based recipe channel in the world.

Inside this book you will find beautiful, wholesome food that will make you and those you're cooking for feel fantastic. We've spent months researching, refining, perfecting and testing each recipe, and we promise you these dishes will show you a new world of flavour.

As well as the food, we're going to show you what *BISH BASH BOSH!* means to us. We'll show you how to get incredible meals on the table with maximum efficiency. You'll find our top 3 tips for making your ingredients, your kitchen and your cooking as good as they can be.

We hope you love this book. We've poured our hearts and souls into it, so you can eat well, feel incredible and cook wonderful meals, using only plants.

x Henry and Ian



***'BOSH! HAVE MADE  
VEGANISM  
GENUINELY COOL'  
THE DAILY MAIL***



# CURRY HOUSE JALFREZI

The spicy and flavourful jalfrezi has now overtaken tikka masala as Britain’s favourite curry! This curry stock can be prepared in advance and frozen or kept in the fridge in an airtight container, so make a big batch to save time. Be sure to taste the curry as you go to get the perfect balance, as spices can vary in strength and flavour.

## SERVES 3–4

- 1 large aubergine
- 4 tbsp sunflower or olive oil
- 1 onion
- 1 red pepper
- small bunch fresh coriander
- 5 green bird’s-eye chillies
- 1 tsp garam masala
- 3 tbsp curry powder
- 8 tbsp tomato purée
- 12 cherry tomatoes
- ½–2 tsp hot chilli powder
- 500g cooked basmati rice, or use 2 x 250g bags microwavable basmati rice, to serve
- salt

### FOR THE CURRY STOCK

- 1 onion
- 2-inch piece fresh ginger
- 5 garlic cloves
- 500ml + 1 tbsp water
- ½ fresh red chilli
- 3 cherry tomatoes
- 1 tbsp sunflower or olive oil
- ¼ tsp ground coriander
- ¼ tsp ground cumin
- ¼ tsp ground fenugreek
- ¼ tsp ground turmeric
- ¼ tsp paprika

Preheat grill to 200°C | Baking tray | Medium saucepan on a medium-high heat | Liquidiser

**First cook the aubergine** | Trim the aubergine and cut it into 2cm chunks | Spread over the baking tray | Sprinkle with 2 tablespoons oil and a good pinch of salt | Toss to coat | Grill for 15 minutes, turning occasionally | Remove when golden brown all over but not burnt

**Meanwhile, make the stock** | Peel and finely chop the onion | Peel the ginger by scraping off the skin with a spoon and grate | Peel and grate the garlic | Put the ginger and garlic into a bowl and mix with 1 tablespoon water to make a paste

Finely chop the red chilli and tomatoes | Pour the oil into the saucepan | Add the onions and sauté for 5 minutes | Add a teaspoon of the ginger and garlic paste | Add all the remaining spices and half the water and stir | Simmer for 10 minutes, until browned and reduced completely | Pour in the rest of the water, stir and transfer to the liquidiser | Blend to a smooth liquid | Clean out the pan

**Back to the curry** | Peel and finely slice the onion | Cut the pepper in half and cut out the stem and seeds, then finely slice | Pick the leaves from the coriander | Finely chop the stems and roughly chop the leaves | Trim and finely slice two of the chillies | Quarter the tomatoes

Pour the remaining oil into the clean saucepan | Place over a high heat | Add the onion, pepper and sliced chillies and fry for 3 minutes, stirring regularly | Stir in the chopped coriander stems and remaining ginger and garlic paste | Add the curry powder, garam masala, ¼ teaspoon hot chilli powder, tomato purée, grilled aubergines and stock | Taste and add more salt, garam masala and chilli powder if needed | Stir in the tomatoes | Simmer gently for 10 minutes, stirring frequently, until slightly thickened

**Transfer to a serving dish** | Cut the remaining chillies in half lengthways and use them to garnish the curry along with the chopped coriander leaves | Serve with the rice







# CLASSIC LASAGNE

Lasagne will always be one of our favourite dishes, and this version with a simple mushroom ragu and rich, creamy bechamel is a real classic. We don't think you should mess with perfection, but you could also add a few chilli flakes to warm things up if you like. Both the ragu and bechamel can be made the day before and stored in the fridge, so all you have to do on the day is build and bake the final dish.

**SERVES 8 (with leftovers)**

## RAGU

- 2 tbsp oil from a jar of sun dried tomatoes
- 1 sprig fresh rosemary, plus more for garnish
- 2 sprigs fresh thyme
- 2 onions
- 3 carrots
- 3 celery sticks
- 4 garlic cloves
- 700g chestnut mushrooms
- 100g sun-dried tomatoes
- 300ml red wine
- ½ tsp oregano
- 1 tbsp tomato puree
- 1 tbsp red miso paste
- 1 tsp balsamic vinegar
- 2 tsp soy sauce
- 2 x 400g tins plum tomatoes
- Salt and pepper to taste

## BECHAMEL

- 125 ml olive oil
- 125g flour
- 1250 ml unsweetened plant based milk
- 1½ tbsp nutritional yeast
- Salt and pepper to taste

500g dried lasagne sheets

Oven preheated to 180°C | Food processor | Large saucepan  
| Deep ovenproof lasagne dish (roughly 25cm x 30cm)

**Peel and quarter the onions** and blitz them in the food processor until finely chopped | Add the sun-dried tomato oil to the large pan and sauté the onions for 5–6 minutes

**Meanwhile, peel the carrots** and pulse them in the food processor with the celery until minced | Remove the leaves from the rosemary and thyme and finely chop | Peel and grate the garlic and add it to the pan | Stir for 1 minute | Add the carrot, celery, rosemary and thyme, reduce the heat slightly and sauté, stirring occasionally for 12–15 minutes

**Meanwhile, finely slice the sun-dried tomatoes** | Pulse the mushrooms in the food processor until finely minced | Add to the pan along with the sun-dried tomatoes | Stir, increase the heat slightly and sauté for 8–10 minutes

**Pour in the wine**, increase the heat and stir constantly for 5–6 minutes, until nearly all the liquid has evaporated | Add the tomato purée, miso paste, balsamic, oregano and soy sauce and stir for 1 minute | Add the chopped tomatoes and water | Lower the heat to medium and simmer for 30 minutes | Taste and season

**While it is simmering, make the béchamel** | Put the second pan over a medium heat and add the olive oil | Add the flour and stir for 3–5 minutes | Gradually add the milk, stirring constantly | Add the nutritional yeast and stir until smooth | Bring to the boil then lower the heat and simmer until the béchamel thickens to the consistency of custard | Taste and season | Preheat the oven to 180°C

**Now, layer up your lasagne** | Spread a quarter of the ragu into the lasagne dish | Spoon over a quarter of the béchamel | Cover with lasagne sheets, breaking them if necessary to make a complete layer with no gaps | Repeat three times, reserving some béchamel to cover the top completely | Garnish with a few rosemary leaves | Cover with foil and put on the lowest shelf of the oven | Bake for 50 minutes | Remove the foil and bake for a further 15 minutes | Leave to stand for 10 minutes before serving with the salad leaves | The leftovers will taste amazing the next day. Simply bring back to piping hot in the oven or microwave



# CRUNCHY CARNIVAL SALAD

This spicy and sweet salad brings together all our favourite flavours of the famous Notting Hill Carnival – great for a relaxed healthy lunch on a sunny day. Make extra to pack into a lunch box to take to work. It also goes really well with griddled tofu or jackfruit roasted in a spicy jerk or BBQ sauce.

## SERVES 6

**SWEET POTATO**  
2 large sweet potatoes  
(around 675g total)  
1 tbsp olive oil  
½ tsp chilli flakes  
Salt and pepper to season

**RICE AND BEANS**  
400 ml coconut milk  
100 ml water  
¼ tsp allspice  
1 tsp salt  
¼ tsp black pepper  
5 sprigs thyme  
2 cloves garlic  
200g long grain rice  
1 x 400g tin kidney beans

**SALAD**  
¼ red cabbage  
8 spring onions  
2 carrots  
1 red pepper  
30g coriander  
2 mangoes  
1 avocado  
1 large red chilli  
1 x 200g tin sweetcorn  
50g egg free mayonnaise  
1 tsp - 1 tbsp West Indian hot sauce  
(to taste)  
1 tsp maple syrup  
2 limes  
Salt and pepper to season

Oven preheated to 180°C | Large mixing bowl | Saucepan

**Peel the sweet potatoes**, cut them into 2 cm chunks, spread them out over a baking tray, drizzle over the olive oil, sprinkle over the chilli flakes, season with salt and pepper, put the tray in the oven and roast for 25–30 minutes, tossing once halfway through

**Pick the coriander leaves** off the stalks and roughly chop them | Put the leaves in a bowl and put to one side | Tie the coriander stalks and sprigs of thyme up with a piece of string to make a bouquet garni

For the rice and beans, put the coconut milk, water, allspice, salt, black pepper, garlic, peeled, and the bouquet garni in a saucepan over a medium heat and bring to a simmer | Wash the rice under cold water until the water runs clear | Pour the rice into the saucepan, stir it around in pan, turn the heat down to a very gentle simmer, put the lid on and cook the rice until all the liquid has been absorbed (roughly 13–16 minutes)

Remove the pan from the heat, remove the garlic and thyme from the pan | Pour the kidney beans into the pan and gently fold them into the rice with a silicone spatula | Put the lid back on the pan and leave for 5 minutes before serving

**Now to make the salad** | Shred the cabbage into thin strips | Cut the spring onions in half and shred the halves | Peel and cut the carrot lengthways. Ribbon the carrots | Cut the pepper in half, cut out the stem and seeds and cut the halves into thin strips | Slice the mango lengthways, down either side of the stone, spoon the mango flesh out of the skin and cut halves into thin strips | Halve and carefully stone the avocados by tapping the stone firmly with the heel of a knife so that it lodges in the pit, then twist and remove the stone | Run a dessertspoon around the inside of the skin to scoop out the avocado halves, then slice them finely, keeping the shape of the avocado halves | Cut the chilli in half, scrape out the seeds and finely slice

Put the egg free mayonnaise, West Indian hot sauce and maple syrup into a large mixing bowl | Squeeze the juice of one lime into the bowl and stir everything around with a fork so it's well mixed | Add the red cabbage, spring onions, carrots, peppers, chilli, coriander leaves and sweetcorn to the bowl and fold everything together so the vegetables are covered in the dressing

GREENS







# MINI BANOFFEE MERINGUES

It's a joyous and magical experience to watch a drizzle of chickpea water turn into a fluffy, sweet meringue mix! If you have one, use a stand mixer with a whisk attachment for this recipe as in our experience hand-whisks don't have the power to get to stiff peaks.

## MAKES 18

140ml aquafaba (the drained water from 1 x 400g tin chickpeas)  
½ tsp cream of tartar  
100g caster sugar  
2–3 bananas  
25g dark chocolate

**FOR THE CARAMEL SAUCE**  
150g caster sugar  
120ml coconut milk  
a pinch of salt  
½ tsp dairy-free butter

**FOR THE CASHEW CREAM**  
150g cashews  
600ml coconut milk  
2 tbsp icing sugar  
1 tsp vanilla extract  
½ banana

**Stand mixer | Line 3 baking sheets with parchment paper  
| Preheat oven to 180°C | Frying pan | Small saucepan | Liquidiser**

**Pour the aquafaba into the mixer |** Turn the mixer on to high and leave it running | Add the cream of tartar and continue to beat | After 2 minutes add the caster sugar, one spoonful at a time | Beat on high for 10–15 minutes | It's ready when the aquafaba has magically transformed into a thick, meringue-like mixture that won't fall off a spoon turned upside down

**Spoon the meringue mixture on to the lined baking sheets** to make nests about 8cm wide, no more than 1½cm high and smooth on top, leaving 5cm between them | You should end up with about 18 nests (you can draw 8cm circles on the parchment paper, then flip over the paper and use them as templates)

**Put the trays in the oven and immediately reduce the heat to 100°C** | Bake for 2 hours, then turn off the heat, leave the door closed and let the meringues cool completely, preferably overnight | Cooling the meringues overnight in the oven allows them to set properly and reduces the chances of them cracking due to sudden changes in temperature.

**To make the caramel sauce**, put a frying pan on a medium heat | Pour in the sugar, 75ml of the coconut milk and the salt | Bring to a boil, whisking continuously | Once the mixture has turned caramel in colour, remove from the heat | Add the rest of the coconut milk and the dairy-free butter, stir through and transfer to a bowl

**To make the cashew cream**, put the small saucepan over a medium heat | Add the nuts and 400ml of the coconut milk | Bring to the boil, then reduce the heat and simmer until most of the coconut milk has evaporated | Transfer to the liquidiser | Add the icing sugar, vanilla and remaining 200ml coconut milk | Add the banana half to the liquidiser | Blend until really smooth

**Place your meringue nests on serving plates |** Peel 2–3 bananas and cut them into long diagonal slices (the longer they are the more beautiful they will look) | Lay half the slices on top of the meringues | Cover the bananas with dollops of coconut cream | Top with 1 or 2 more banana slices and lashings of caramel syrup | Finely grate over the chocolate and serve





# CAMEMBOSH! HEDGEHOG

This always generates big smiles in all who behold it! Big thanks to Ellie from KindaCo (makers of incredible plant-based cheeses) for the original recipe, which we collaborated on together in the early days of BOSH!. Tapioca flour is crucial for the gooeyness, so do seek some out. To get ahead, make the cheese the day before and keep it in the fridge.

## SERVES 6

- 75g cashews
- 1 x 400g fresh tiger loaf
- 2 garlic cloves
- 1 tbsp tapioca flour
- 1½ tsp salt
- 3 tsp nutritional yeast
- 1 tsp apple cider vinegar
- 150ml warm water
- 1 sprig fresh rosemary
- 1 tsp olive oil
- black pepper

### FOR THE HERB OIL

- 2 garlic cloves
- 1 sprig fresh rosemary
- 1 tsp salt
- ¼ tsp pepper
- 8 tbsp olive oil

**Preheat oven to 180°C | Line a 12cm ovenproof dish with parchment paper | Small saucepan of boiling water on a medium heat | Pestle and mortar, optional | Baking sheet | Kettle boiled**

**Add the cashews to the pan of hot water** and boil for 20 minutes to soften | Remove from the heat, drain and leave to cool

**Use a bread knife to cut even slices across the top of the loaf**, 3cm apart, making sure you don't cut all the way through as the base needs to remain intact | Turn the loaf 90 degrees and cut across the first slices to make a criss-cross pattern

**To make the herb oil**, peel and roughly chop the garlic | Remove the leaves from the rosemary by running your thumb and forefinger from the top to the base of the stems (the leaves should easily come away) and finely chop | Put the garlic, rosemary, salt and pepper into the mortar and bash them with the pestle to make a paste (or put the ingredients in a small bowl and use the end of a rolling pin) | Pour the olive oil into the mortar and mix with a fork

**Put the loaf on the baking sheet** | Use a pastry brush or teaspoon to drizzle the herb oil deep inside the cuts | Put the baking sheet in the oven and cook for 25–30 minutes, until golden and toasted

**Meanwhile, peel one of the garlic cloves** and put it in the liquidiser | Add the drained cashews, tapioca flour, salt, nutritional yeast, apple cider vinegar and warm water | Blend to a smooth cream

**Pour the cashew cream into the saucepan**, taste and season | Put the saucepan on a medium heat and cook, stirring constantly, for 2 minutes until slightly thickened | Pour into the parchment-lined dish

**Peel the remaining clove of garlic** and cut it into sticks | Remove the rosemary needles | Gently push the garlic sticks and rosemary needles into the top of the cheese so that they stick out the top | Drizzle over the olive oil and sprinkle over a little black pepper

**Put the cheese in the oven alongside the bread** and bake for the final 12–15 minutes until the cheese has formed a skin and the colour has darkened

**Take the bread and cheese out of the oven** | Serve immediately



# NEW YORK STYLE BAKED STRAWBERRY CHEESECAKE

This cheesecake will whisk you away to a decadent holiday in New York! The idea of using tofu may seem a little strange, but trust us, you are going to love this all-plants cheesecake. Try experimenting with different fruit on top too – bananas, raspberries or blueberries would all taste incredible. It will keep in the fridge for 3 to 4 days.

## SERVES 10–12

- 400g cashews
- 120g light digestive biscuits
- 120g ginger biscuits
- 100ml light olive oil
- a pinch of salt
- 300g dairy-free white chocolate
- 2 lemons
- 340g silken tofu
- 300g icing sugar
- 2 tbsp coconut oil
- 3 tsp vanilla extract
- 400g strawberries
- 50g golden caster sugar

Preheat oven to 180°C | Baking tray on the middle shelf of the oven | Large pan of boiling water on a high heat, optional | Food processor | Base-line a 23cm springform cake tin with parchment paper (don't grease the sides) | Small saucepan | Heatproof bowl | Liquidiser | Pastry brush | Medium saucepan

Put the cashews in the pan of hot water and boil for 15 minutes until soft and rehydrated (alternatively, soak them overnight in cold water) | Drain

Put all the biscuits in the food processor and blitz to crumbs | Add the oil and a pinch of salt and pulse to mix | Tip into the lined cake tin and press firmly until well compacted and even | Put in the oven and bake for 15–20 minutes, until firm | Remove and leave to cool for 10 minutes | Lower the oven temperature to 110°C and put the tray back in

Meanwhile, melt the chocolate | Pour 3cm hot water into the small saucepan and bring to the boil | Lower to a simmer | Put the heatproof bowl on top of the pan, ensuring the water doesn't touch the bottom | Break the chocolate into the bowl and leave to melt (alternatively, melt in the microwave in 15-second bursts) | Remove and leave to cool a little | Separate 2 tablespoons of the chocolate from the main batch

Zest the lemons into the liquidiser then cut them in half and squeeze in the juice | Add the main batch of chocolate, the silken tofu, drained cashews, icing sugar, coconut oil and vanilla extract and blend until smooth

Layer up your cheesecake | Lightly brush the biscuit base with the reserved 2 tablespoons melted chocolate | Pour over the cheesecake mixture and shake gently to level it | Lightly run your finger over the surface to get rid of any bubbles | Put the tin on the hot baking tray and bake for 80–90 minutes, until set but still slightly wobbly in the middle | Remove from the oven and run a thin spatula or knife around the edge to separate the cake from the tin, then leave it to cool to room temperature | Transfer the cheesecake to a plate | Refrigerate

Hull the strawberries and halve or quarter them | Put them into the medium saucepan with the sugar | Put the pan over a medium heat and stir | Macerate for 2–3 minutes so the sugar melts and strawberries soften slightly | Set aside to cool then pile on to the cheesecake | Serve







## SUSHI CUPCAKES

This is a fun take on sushi! This fantastic technique allows you to exercise your creativity and create food that's tasty, healthy and truly Instagram-worthy. We put hoisin sauce in the middle of our cupcakes, but you can add whatever you like. Wasabi and ginger would make great, traditional fillings.

### MAKES 12

400g sushi rice  
30ml rice vinegar  
25g caster sugar  
½ tsp salt  
12 nori sheets  
6 tsp hoisin sauce  
black sesame seeds, for sprinkling  
pickled ginger, to serve  
soy sauce, to serve  
wasabi, to serve, optional

### FOR THE VEGETABLE TOPPINGS

1 red pepper  
1 carrot  
¼ cucumber  
1 small avocado  
10 fresh chives  
5 radishes

### FOR THE DIPPING SAUCE

egg-free mayonnaise  
sriracha

**Small saucepan** | Grease a baking tray with flavourless oil (such as vegetable or sunflower) | 14cm saucer | Ruler, optional | 12-hole (or 2 x 6-hole) muffin tin

**Cook the sushi rice** following the instructions on the packet, ensuring that it is dry and sticky when cooked

Put the saucepan on a medium heat | Pour in the rice vinegar, sugar and salt and heat until the sugar has dissolved | Let cool to room temperature, then pour over the cooked rice, gently stirring until all the liquid is absorbed | Spread the rice over the greased baking tray and let cool to room temperature, when it should be dry but sticky

**Stack the nori sheets and lay the saucer on top** | Cut around it to make nori circles | Find the centre of the nori stack and cut a neat, straight slit from the centre to the outer edges | Take one circle and fashion a cone that is roughly 8cm wide at the base | Wet your finger and brush along the slit to stick it in place | Put the cone in one of the muffin holes | Repeat to fill all the muffin holes

**Wet your hands and roll a golf ball-sized ball of rice** | Poke a hole in the centre and pour in ½ teaspoon hoisin sauce | Pack more rice over the hole to seal in the sauce | Smooth the outside and place in one of the muffin cases | Repeat to fill all the cases

**Get all your toppings ready** | Cut the pepper in half, cut out the stems and seeds and finely slice | Peel the carrot and cut into matchsticks, thin rounds or ribbons | Cut the cucumber in the same way | Halve and carefully stone the avocado by tapping the stone firmly with the heel of a knife so that it lodges in the pit, then twist and remove, then finely slice | Chop the chives | Trim and finely slice the radishes

**Make a quick dipping sauce** by stirring sriracha into the egg-free mayonnaise to taste | Finely chop the pickled ginger

**Decorate your sushi cupcakes** with the prepared vegetables and sprinkle them with black sesame seeds | Serve with soy sauce, wasabi, pickled ginger and the dipping sauce on the side





# FAUX GRAS

This amazing recipe was created during a collaboration with Alexis Gauthier. It's great for a dinner party as a starter or to serve beforehand with drinks. If you're eating it straightaway you can serve in ramekins, or else store in sterilised jars in the fridge for up to a month.

## MAKES 4 SMALL JARS OR RAMEKINS

- 2 sprigs fresh rosemary
- 3 sprigs fresh thyme
- 7 sage leaves
- 2 tbsp olive oil
- 1 eschalion (banana) shallot
- a pinch of salt
- 2 garlic cloves
- 18 button mushrooms
- 2 tbsp cognac
- 150g walnuts
- 400g cooked lentils (homemade or from a packet)
- 2½ tbsp soy sauce
- ½ cooked beetroot (about 30g)
- 100g dairy-free butter
- good-quality toasted sourdough bread (or a pack of crackers), to serve
- cornichons, to serve, optional

Frying pan on a medium heat | Food processor | 4 small sterilised glass jars or ramekins | Small saucepan

**Remove the leaves from the herbs** by running your thumb and forefinger from the top to the base of the stems (the leaves should easily come away) | Reserve a few leaves for garnish and finely chop the rest

**Pour the oil into the frying pan** | Peel and roughly chop the shallot and add it to the pan | Add a pinch of salt and cook for about 7 minutes, until translucent

**Peel and roughly chop the garlic** and add to the pan | Cook for a further 3 minutes | Chop the mushrooms and add them to the pan | Cook, stirring continuously, for 5 minutes, until everything is well softened | Add the finely chopped herbs and the cognac

**Transfer the contents of the pan to the food processor** | Chop the walnuts and add them to the processor with the cooked lentils, soy sauce and beetroot | Blitz until almost smooth | Transfer the mixture to the prepared jars or ramekins and smooth the tops with the back of a spoon

**Place the small saucepan on a low heat** | Add the dairy-free butter and melt without heating it too much as it can split | Pour over the paté to completely cover | Place a few herb sprigs and peppercorns on top and leave to cool | Seal the jars (or cover the ramekins with cling film) and refrigerate to chill

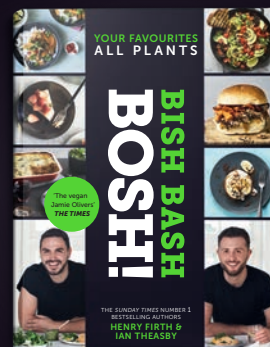
Serve with the toasted sourdough bread or crackers and cornichons, if using

QUICK



# OVER 140 BRAND-NEW ALL-PLANT RECIPES FROM THE SUNDAY TIMES NUMBER 1 BESTSELLERS

Henry and Ian, aka BOSH! have created a food revolution through the world's biggest plant-based platform. With over 26 million views a month of their online videos and over 2 million social media followers, BOSH! are on a mission to show the world just how versatile cooking with veg can be. Their first cookbook was the highest-selling vegan cookbook ever, and now they're back with their brand-new cookbook *BISH BASH BOSH!*



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**High-profile, year-round publicity campaign** across broadcast, print and digital media channels

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**HEAT**

**'THE VEGAN JAMIE OLIVERS'**  
**SATURDAY TIMES MAGAZINE**

**'I LOVE BOSH!, THEIR ENERGY AND THEIR TOTALLY ORIGINAL, EXCITING APPROACH TO SIMPLE, TASTY PLANT-BASED FOOD.'**  
**ANNA JONES, AUTHOR OF A MODERN WAY TO EAT**

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