

OVER 140
SIMPLE
RECIPES

SIMPLE RECIPES | UNBELIEVABLE RESULTS

ALL PLANTS

BOSH!

HENRY FIRTH & IAN THEASBY

Welcome

We're here to show you how you can eat delightful meals that are both easy to cook and incredibly satisfying, all using just plants.

Let us introduce you to a new way of thinking about food. One that we've developed and perfected together over the last three years, and is becoming increasingly popular.

This is a way of thinking that involves eating delicious, hearty, even indulgent meals, without any need for meat or dairy, that are both comfortingly familiar yet exciting.

It's also a new way of cooking. Animal products are so ingrained in the human diet that we've had tens of thousands of years to hone the art of cooking with them. But the concept of cooking without them is still relatively new. Which can only mean one thing: there is so much potential still yet to be unleashed from plant-based eating.

If you'd told us three years ago we were going to spend our lives cooking and eating amazing plant-based food we wouldn't have believed you. We were a couple of mates from Sheffield who ate meat every single week. Now we're two vegans who run BOSH!, the biggest plant-based online channel in the world. Our food creations were viewed by half a billion people in our first year and our most popular recipe videos have been viewed over 50 million times.

And now we've mastered a new style of cooking, where wow-factor presentation is just as important as taste and ease. We've created all plant versions of classic dishes that are free from meat, eggs and dairy but still totally scrumptious. You know your favourite dishes, the ones you've learned by heart and use again and again? Well these are your new go-to classics.

You'll find your new fail-safe family favourites, inspiring lunch ideas, showstoppers that'll impress even the most staunch steak-lover, as well as tasty snacks, outrageously good puds (we're pretty good at those...if we do say so ourselves) and awesome cocktails, all bursting with flavour.

So whether you don't eat animal products whatsoever, or whether you're thinking about reducing the amount of meat you eat without losing out on flavour, this book is for you.

x Henry and Ian





CREAMY MAC & GREENS

This is our take on one of the world’s most popular tasty treats, a crowd-pleasing classic. A béchamel sauce makes it creamy and delicious and then we add a rich, salty flavour with roasted mushrooms. This dish is moreish and indulgent, and healthy(ish), and makes a great main course or side for a BBQ.

SERVES 6

- 1 head of broccoli
- 1 red onion
- 2 tbsp olive oil
- 8 portobello mushrooms (about 325g)
- 350g macaroni
- 700ml plant-based milk
- 70g dairy-free butter
- 55g plain flour
- 2 tsp onion powder
- 1½ tsp garlic powder
- 2 tsp English mustard
- 4 tbsp nutritional yeast
- 40g dairy-free cheese, grated
- 1¼ tsp salt, plus a little extra
- ¾ tsp black pepper, plus a little extra
- 50g panko breadcrumbs
- salad leaves, to serve

FOR THE MARINADE

- 5 tbsp soy sauce
- 20ml maple syrup
- 20ml apple cider vinegar
- 20ml olive oil

Preheat oven to 180°C | Line 2 baking trays | Large saucepan of salted water on a high heat | Medium saucepan on a medium heat | 20 x 30cm lasagne dish

Cut the broccoli into roughly 2½cm florets and cubes (trim the stalks and use the soft parts) | Peel and roughly chop the onion into 1cm chunks | Lay both the onion and broccoli on one of the lined baking trays, drizzle with the 2 tablespoons of olive oil and lightly season with salt and pepper | Put the tray on the top shelf of the preheated oven

Cut the mushrooms into 1cm chunks | Put the ingredients for the marinade into a bowl and combine with a fork | Add the mushroom pieces to the marinade and stir to coat | Spread the mushrooms over the second lined baking tray and put this in the oven on the shelf below the broccoli and onions | Set the timer for 15 minutes, by which time all the veggies should be golden brown | Remove both trays and increase the oven temperature to 220°C

While the vegetables are roasting, add the macaroni to the pan of boiling salted water and cook until al dente, following the instructions on the packet | Drain and tip into the lasagne dish

Meanwhile, warm the plant-based milk in the microwave | Put the dairy-free butter in the medium saucepan and stir with a wooden spoon until it melts | Turn the heat right down and gradually add the flour to the pan, stirring vigorously until you have a doughy paste | Gradually pour in the warm plant-based milk, stirring all the time until you have a thick, creamy sauce | Add the onion powder, garlic powder, mustard, nutritional yeast, dairy-free cheese, 1¼ teaspoons salt and ¾ teaspoon pepper and stir into the sauce | Keep stirring until the sauce thickens to the consistency of custard

Add the cooked vegetables and sauce to the pasta and mix together so that everything is well covered | Sprinkle the breadcrumbs over the top, season with salt and pepper and put the dish in the oven for 5 minutes to warm through and crisp up the breadcrumbs | Remove from the oven and serve with a small side salad

JACKFRUIT TACOS

Jackfruit is a fantastic and crowd-pleasing ingredient with a fibrous texture and flesh that soaks up flavour fantastically, but it can be hard to find. Try your local Asian supermarket and be sure to choose green jackfruit in water. These tacos are perfect finger food, combining tasty jackfruit with a Mexican combo of zingy salsa and creamy guacamole.

SERVES 6

- 1 x serving guacamole (shop-bought or see page 180)
- 1 x serving salsa (shop-bought or see page 181)
- 1 x 400g tin young green jackfruit in water
- 1 white onion
- 4 garlic cloves
- 1 tbsp vegetable oil
- 1 tbsp maple syrup
- 100ml vegetable stock
- ½ tsp Tabasco sauce
- 4 limes
- 1½ tsp cumin
- 1½ tsp smoked paprika
- ½–1 tsp chilli powder
- ½ tsp salt
- 15g fresh coriander
- 12 crunchy taco shells

Deep frying pan with a lid on a medium heat

If you're making your own guacamole and salsa, do this first following the instructions on pages 180 and 181

Tip the jackfruit into a sieve or colander to drain off the excess water and pat the pieces down with a clean tea towel to dry them off | Cut into 5mm strips and put to one side

Peel and slice the onion and garlic very thinly | Warm the vegetable oil in the frying pan | Add the onion and garlic to the pan and stir with a wooden spoon until soft and translucent | Add the jackfruit, maple syrup, vegetable stock and Tabasco sauce | Cut 1 of the limes in half and squeeze in the juice of one half | Stir until the jackfruit is well covered

Put the lid on the pan, turn down the heat and let it simmer for 7–10 minutes, stirring occasionally, until the liquid has been absorbed into the jackfruit | Take the lid off the pan and sprinkle over all the spices | Stir until the jackfruit pieces are well covered and taking on the colour of the spices | Transfer the jackfruit pieces to a serving dish

Slice the remaining limes into wedges and cut the leaves from the coriander, saving the stalks for another recipe | Serve the tacos, jackfruit, guacamole, salsa, lime wedges and coriander leaves on individual plates and let everyone build their own tacos



ROGAN BOSH!

This is our take on a Kashmiri speciality curry. It’s meant to be red, rustic and spicy. We’ve used our favourite vegetable – aubergine – and coconut yoghurt to give the creamy texture, but you could use different veggies if you prefer. Serve with naan (see page 182) and rice, or on its own for a lighter dish.

SERVES 2–4

- 4 garlic cloves
- 4cm piece fresh ginger
- 3 fresh red chillies
- 1 tbsp tomato purée
- 60ml water
- 1 large aubergine
- 3 tbsp vegetable oil
- 4 green cardamom pods
- 1 onion
- 6 black peppercorns
- 1 bay leaf
- 1½cm cinnamon stick
- 1 tsp sugar
- 1 tsp ground cumin
- 2 tsp ground coriander
- 100g coconut yoghurt
- large pinch of salt
- large pinch of garam masala
- handful of coriander, to garnish
- handful of desiccated coconut flakes, to garnish

Liquidiser | Large frying pan on medium-high heat | Large saucepan with a lid

Peel the garlic and ginger and put them into the liquidiser | Rip off the stems of 2 of the chillies and add them to the liquidiser | Add the tomato purée and 60ml water and blend to a smooth paste (add more water if needed)

Trim the aubergine and cut it into 1 x 3cm chunks | Put 2 tablespoons of the oil into the large frying pan | Add the aubergine and cook for about 10–15 minutes, turning regularly, until well browned on each side

While the aubergine is cooking, put the cardamom pods in a mortar and pestle and bash them to release the seeds (or use the end of a rolling pin) | Discard the shells | Peel and finely chop the onion

When the aubergine is browned, tip it on to a plate and set aside | Add the remaining oil to the pan along with the cardamom, peppercorns, bay leaf and cinnamon and fry for 2 minutes | Add the chopped onion and sugar | Reduce the heat to medium and sauté for about 10–15 minutes, stirring the onions until they’ve softened (add a splash more oil to the pan if the onions begin to stick)

Add the ginger paste from the liquidiser to the saucepan | Add the ground cumin and coriander and mix everything together well | Put the pan on a medium-high heat and fry for 5 minutes, stirring regularly | Add the aubergine cubes and stir well | Add the coconut yoghurt and stir it in (if it’s too thick, add a little water to loosen – you want a thick, gravy-like consistency) | Cover with the lid and cook for 5 minutes

Rip off the stem of the remaining chilli, cut it in half lengthways and scrape out the seeds, then slice finely | Taste the curry and season with more salt or garam masala as necessary | Serve up onto bowls or plates, sprinkled with a little fresh coriander, desiccated coconut flakes and the finely sliced chilli





WATERMELON JÄGERBOMB PUNCH

We came up with this at the end of the first ever BOSH! shoot. We had a watermelon, a Galia melon, energy drink and a bottle of Jägermeister. We put the video live and it had 20 million views within a week! Use a really big watermelon and give the outside of the Galia melon a really good scrub before you put it inside.

SERVES 8

- 1 very large watermelon (at least 50cm diameter)
- 1 Galia melon (that will comfortably fit inside your watermelon)
- 2 x 250ml cans energy drink
- 350ml Jägermeister
- 8–12 ice cubes
- handful of fresh strawberries or blueberries

Liquidiser or stick blender

Choose which side will be the bottom of the watermelon; if it doesn't stand up straight, use a knife to slice a very small slither off the base | Once it's standing upright, cut horizontally down the middle | Take off the top and keep it for another recipe

Scoop out all the watermelon flesh and seeds from the bottom half until the inside looks neat | Transfer the flesh to the liquidiser and blend (or use a stick blender and a bowl), then pour into a large bowl through a sieve to remove any seeds

Scrub the Galia melon with a brush to make sure it's clean | Lay it on its side and slice off the top 4cm | Scoop out the seeds and discard | Scoop out the melon flesh and transfer it to the liquidiser | Whizz and then pour through a sieve into the bowl with the watermelon juice | Save the melon shell, this will act as your shot glass

Pour the energy drinks into the melon juice and stir | Now pour half the juice mixture into the hollowed-out watermelon | Carefully place the hollowed out Galia melon into the middle of the watermelon so that it's floating in the melon juice

Drop ice cubes and berries into the melon juice around the edges | Pour the Jägermeister into the Galia melon (don't fill it too much in case it sinks) | Top up the edges with more melon juice to fill the watermelon bowl (you might have some left over, which you can use to refill later on)

Take the watermelon to the party, lift out the Galia 'shot glass' and drop it back into the watermelon punch bowl in front of all your guests so that the Jägermeister spills into the melon juice | Wait for the applause

QUICK PUTTANESCA SPAGHETTI

The combination of lemon and fresh parsley in this dish creates a voluptuous pasta and the saltiness of the capers in brine will remind you of the sea. This flexible favourite of ours is great for when you're low on fresh ingredients. It can be served with a side salad or makes a great quick meal all on its own.

SERVES 6

- 4 garlic cloves
- 2 small red chillies, fresh or dried
- 20g flat-leaf parsley
- 10 Kalamata olives
- 4 tbsp olive oil
- 1 tbsp capers in brine
- ½ tsp salt, plus a little extra
- 700g passata
- 500g spaghetti
- 220g Tenderstem broccoli
- 1 lemon

Large saucepan on medium-high heat | Large saucepan of boiling salted water on a high heat

Rip the stems from the chillies | If you prefer a milder sauce, cut them in half lengthways and remove the seeds and finely chop | Separate the parsley stalks and finely chop, reserving the leaves for later | Stone and roughly chop the olives

Peel 2 of the garlic cloves | Pour 2 tablespoons of the oil into the empty saucepan, crush in the garlic and add the chilli, parsley stalks, olives and capers and stir for 2–3 minutes | Add the ½ teaspoon salt and 1 tablespoon of the salty brine water from the jar of capers | Leave to cook for a minute, then add the passata | Taste and season with salt if necessary | Turn the heat to medium and leave to simmer while you move on to the next step

Add the spaghetti to the pan of boiling water along with the remaining 2 garlic cloves | Cook until al dente, following the instructions on the packet

Meanwhile, carefully slice the broccoli stems from top to bottom, creating thin strips | Add these to the spaghetti pan for the last 30 seconds of cooking time to quickly soften | Drain the pasta and broccoli in a colander and return them to the pan | Pour over the sauce

Roughly chop the parsley leaves and add them to the pan | Pour over the remaining 2 tablespoons of oil and squeeze over the juice of a whole lemon, catching any pips in your other hand | Mix everything together and serve immediately



SPANISH BEACH CHURROS

We remember eating churros on the beach in Spain as kids and decided we needed to recreate the memory (even if we are in East London in the rain!). This is such an easy dish to make, you could even make a giant churros snake if you were feeling adventurous. Trust us, try this, you will thank us!

MAKES 12-15

- 215g sugar
- 2 tsp ground cinnamon
- 500ml water
- ½ tsp salt
- ½ tsp vanilla extract
- 240g plain flour
- 1½ litres + 2 tbsp vegetable oil (preferably flavourless, like sunflower)

FOR THE CHOCOLATE SAUCE

- 100g dark chocolate
- 185ml plant-based milk
- 40g sugar
- ½ tsp vanilla extract

Small saucepan on low heat | 3 disposable piping bags or 1 clean reusable piping bag | 1½cm star-shaped nozzle | Large deep saucepan | Cooking thermometer, optional | Baking tray lined with baking parchment | Medium saucepan | Line a large plate with a double layer of kitchen paper

First, make the chocolate sauce | Break up the chocolate and put it into the small saucepan with the plant-based milk, sugar and vanilla | Stir to a smooth sauce | Transfer to a serving bowl | Set aside

Sprinkle 115g sugar and the cinnamon over a large plate and set aside

If you are using disposable piping bags, pile them up and roll them together to make one thick cone (a single bag is likely to split) | Cut a small hole at the tip, insert the piping nozzle and push it all the way down to the bottom so that it sticks out of the hole | Spray or brush the inside of the bag with a little oil | If you are using a reusable bag, insert the nozzle and coat lightly with oil

Pour the 1½ litres oil into the large saucepan until it comes a third of the way up the sides | Put the pan on medium-high and heat to about 180°C (or until a wooden spoon dipped into the oil sizzles around the edges)

Meanwhile, put the water, the remaining 100g sugar, the 2 tablespoons vegetable oil, salt and vanilla extract into the medium saucepan and place on a high heat | Bring to the boil, stirring to dissolve the sugar | Remove from the heat, add the flour and beat vigorously with a wooden spoon until it forms a thick, sticky dough (you'll need to use a little elbow grease) | Spoon the mixture into the piping bag

Pipe 6 churros on to the lined baking tray, each one about 10-15cm long | Carefully transfer the churros to the hot oil (if you're feeling brave you can pipe them straight into the oil) | Fry for 8-10 minutes, until golden and cooked through | Use a wooden spoon to move them around if they stick together

Remove the churros with a slotted spoon and lay on kitchen paper for 1 minute to drain | While they're still hot, transfer to the cinnamon sugar and roll until completely covered | Repeat with the remaining dough - you may need 3 or 4 batches | Serve with chocolate sauce





BIG BHAJI BURGER

This juxtaposition of Indian cuisine with the classic American burger works incredibly well. It's a fantastic fusion of flavours that are really big and satisfying, and you can play with really interesting toppings. These are great with raita, or you could try making smaller bhaaji bites and serve them with curry.

MAKES 6

- 500ml–1 litre vegetable oil, for deep frying
- 2 red onions
- 6cm piece fresh ginger
- 1 fresh red chilli
- 20g fresh coriander leaves
- 1½ tsp coriander seeds
- 1½ tsp cumin seeds
- 300g gram flour
- generous pinch of salt
- 1½ tsp garam masala
- 200ml water
- 4 good-quality burger buns
- 3 tbsp vegan mayonnaise
- ¼ small cucumber
- 1 large tomato
- 1 avocado
- 1 baby gem lettuce
- 2 tbsp mango chutney
- 1 poppadum

Large saucepan on high heat | Cooking thermometer, optional | Pestle and mortar | Line a dinner plate with kitchen paper

Pour the vegetable oil into the large saucepan so that it comes no more than two-thirds up the side of the pan | Heat the oil to 180°C, or until a wooden spoon dipped into the oil sizzles around the edges

Meanwhile, peel and very finely slice the onions and put them into a big bowl | Peel the ginger by scraping off the skin with a spoon and finely chop | Rip the stem from the chilli, cut it in half lengthways and remove the seeds | Roughly chop the coriander leaves | Add the ginger, chilli and coriander to the bowl | Crush the coriander and cumin seeds with a pestle and mortar or the end of a rolling pin and add them to the bowl | Add the gram flour, salt, garam masala and water and mix until everything is well combined and covered with a wet sticky batter

Divide the mixture into 6 and use your hands to mould it into patties around 9cm wide and no more than 1cm thick | Use a metal spoon to carefully lower 2 of the patties into the hot oil and cook them for about 5 minutes, flipping them over halfway | Remove the patties when they are golden and crisp and transfer to the plate lined with kitchen paper to drain any excess oil | Repeat with the remaining patties

While the bhajis are frying, slice the burger buns in half and spread the bottom halves with vegan mayonnaise | Thinly slice the cucumber and tomato | 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 | Run a dessertspoon around the inside of the avocado skin to scoop out the flesh, then slice finely

To serve the bhaaji burgers, lay a few lettuce leaves on the bottom of the burger buns and place the burgers on top | Spread a little mango chutney on top of each, followed by slices of tomato, avocado and cucumber | Break up the poppadum and sprinkle it over the top before closing the buns

THAI RED CURRY

Thai Red Curry may possibly be the best thing humans ever invented, at least since tools, the wheel and (maybe) sliced bread. It’s a feel-good meal with a hell of a kick. It’s always best when you make your own paste; it doesn’t take long and you can keep half for our Tom Yum Soup or freeze it for later.

SERVES 4

- 1 red pepper
- 1 green pepper
- 1 fresh red chilli
- 200g mushrooms
- 60g baby corn
- 2 tbsp vegetable oil
- 1 x 400ml tin coconut milk
- 150ml veg stock
- 1 tbsp palm sugar (or regular sugar)
- 2 tbsp agave syrup
- 4 tbsp soy sauce
- 160g baby plum tomatoes
- 50g mangetout
- ½ x 425g tin lychees, optional

FOR THE THAI RED CURRY PASTE (MAKES 300G)

- 1 tsp cumin seeds
- 2 tbsp coriander seeds
- 2cm piece fresh ginger
- 5 shallots
- 5 garlic cloves
- 2 stalks of lemongrass
- 3 fresh red chillies
- 1 red birds’ eye chilli, optional
- 1 tsp black peppercorns
- ½ roasted red pepper from a jar
- 2 tbsp tomato purée
- 3 kaffir lime leaves
- ½ lime
- 10g fresh coriander, plus extra for garnish
- 2 tsp salt
- 50ml water

Liquidiser | Large deep frying pan or wok on high heat

To make the Thai red curry paste, scatter the cumin and coriander seeds over the pan and toast for 2 minutes | Peel the ginger by scraping off the skin with a spoon and roughly chop | Peel and roughly chop the shallots | Peel the garlic | Trim and roughly chop the lemongrass | Rip the stems from the chillies

Put the toasted seeds into the liquidiser along with the ginger, shallots, garlic and lemongrass | Add the fresh red chillies, bird’s eye chilli, if using, peppercorns, roasted red pepper, tomato purée and the lime leaves | Squeeze in the lime juice | Add the fresh coriander, salt and a splash of water then whizz until really smooth with no bits, adding up to 50ml of water to loosen it if necessary | Spoon 100g of the paste into a bowl and set the rest aside to use another time (freeze it in batches of 100g)

Cut the red and green peppers in half and cut out the stem and seeds, then cut into 2cm chunks | Trim and slice the chilli | Slice the mushrooms and halve the baby corn

Put the pan back on a high heat and add the oil | When it’s hot, add the 100g curry paste and fry for 2 minutes, until the paste deepens in colour and smells amazing | Pour in the coconut milk and vegetable stock and stir well to mix everything together | Add the sugar, agave syrup, soy sauce, peppers, chilli, mushroom, baby corn, tomatoes and mangetout | Drain the lychees, if using and add them to the pan | Bring to the boil and simmer for 7–10 minutes, until the vegetables are cooked through | Taste and adjust the seasoning, adding salt, sugar or agave syrup as required

Spoon the curry into bowls, garnish with a handful of coriander leaves and serve alongside white rice



CAULIFLOWER BUFFALO WINGS

These delicious wings taste naughty but are actually healthy, since they're baked. The spices are gorgeously deep and the panko breadcrumbs give a crunchy coating that contrasts nicely with the smooth cauliflower. It's the perfect starter or dish to share with friends. We promise, you'll love this dish.

SERVES 2-4

- 1 large head of cauliflower
- 150g plain flour
- 300ml plant-based milk
- 2 tsp garlic powder
- 1 tsp onion powder
- 1 tsp ground cumin
- 1 tsp paprika
- ½ tsp salt
- ¼ tsp pepper
- 100g panko breadcrumbs
- 120g dairy-free butter
- 200g buffalo hot sauce

FOR THE RANCH SAUCE

- 150g cashew nuts
- 150ml plant-based milk
- 1 tbsp lemon juice
- 2 tsp garlic powder
- ¾ tsp salt
- ¼ tsp black pepper
- handful of fresh parsley
- 4 chives

Preheat oven to 180°C | Line 2 baking trays | Small saucepan of boiling water on high heat | Food processor or liquidiser

Add the cashew nuts to the pan of boiling water and boil for 15 minutes, then strain and run under cold water to cool slightly

Meanwhile, break the cauliflower into florets and cut the stem into bite-sized pieces

Put the flour, plant-based milk, garlic powder, onion powder, cumin, paprika, ½ teaspoon salt and ¼ teaspoon pepper into a bowl and whisk to a batter | Pour the panko breadcrumbs into another bowl and rub them between your thumb and fingers to break into slightly smaller breadcrumbs.

Tip the cauliflower into the batter and toss to coat | Transfer to the bowl of breadcrumbs, a few pieces at a time, and toss gently until well coated | Spread the cauliflower pieces over the lined baking trays and bake for 20 minutes

Meanwhile, melt the dairy-free butter in the microwave and stir in the hot sauce

After 20 minutes, remove the tray from the oven, pour over the hot sauce and carefully roll the cauliflower around until the pieces are fully coated | Put the tray back in the oven for 20-25 minutes, until a sharp knife glides into the thickest parts of the cauliflower and the outsides are really golden brown and crispy | Remove from the oven

While the cauliflower is cooking, put all the ingredients for the ranch sauce except for the herbs into the food processor or liquidiser and whizz for 1-2 minutes until smooth and creamy | Transfer to a serving bowl | Finely chop the parsley and chives and add most of them to the sauce, reserving a little for garnish

Serve the cauliflower wings while they're still hot on a serving plate, sprinkled with the remaining herbs and with the ranch dip on the side





CHOCOLATE CROISSANT TEARER SHARER

This is an easy indulgence, created as a result of our love of pain au chocolat. The ready-roll pastry makes it an effortless, deliciously moreish dish perfect for the morning after. It’s simple to make, impressive to look at (definitely put the fruity bits on top for added wow factor) and just that little bit naughty.

SERVES 4–6

- 100g dark chocolate
- 2½ tbsp icing sugar, plus extra for dusting
- 2 x sheets ready-rolled vegan puff pastry
- 2 tbsp plant-based milk
- handful of strawberries
- handful of blueberries
- handful of raspberries
- oat or soy cream, to serve

Preheat oven to 180°C | Medium saucepan with 3cm water on medium-low heat | Heatproof bowl | Line a large baking sheet with parchment paper | Pastry brush

Put the heatproof bowl on top of the saucepan, making sure the bottom of the bowl isn’t touching the water, and reduce the heat to low | Break 75g of the chocolate into the bowl and stir occasionally with a wooden spoon until the chocolate has melted | Pour in the icing sugar, stir to mix it in completely without any lumps and take the pan off the heat

Lay 1 sheet of puff pastry on to the lined baking sheet | Pour the melted chocolate on to the centre of the pastry and spread it out, leaving a 2cm gap around the edges | Lay the second sheet of pastry flush on top (you may want to ask a friend for help) | Gently press the two sheets of pastry together all the way round the edges

With a sharp knife, make 5 evenly spaced cuts into the long edges of the pastry so that they reach about 5cm in from the edges | You should be left with a strip of pastry running down the middle of the sheets that is at least 3cm wide, with 5 flaps of pastry either side

Cut the remaining chocolate into 10 chunks and place 1 chunk in the middle of each flap of pastry | Roll the flaps over the chocolate chunks, taking care not to cover the middle section, and press them to seal in the chocolate | Brush all over the top with the plant-based milk | Put the baking sheet in the oven and bake for 30–35 minutes, until the pastry is golden and slightly crispy

Take the baking sheet out of the oven and scatter the fresh berries along the middle section | Dust lightly with icing sugar and serve immediately with a little fresh cream on the side for people to pour over if they wish

THE BIGGEST NEW COOKERY BRAND OF 2018 . . .

BOSH! The Cookbook is the first ever mainstream vegan cookbook from the largest and fastest-growing plant-based online channel in the world. Whether you're already sold on the plant-based lifestyle or you simply want to incorporate more meat-, dairy- and egg-free meals into your week, *BOSH! The Cookbook* is your bible.

Friends from school in Sheffield, Ian and Henry launched BOSH! in the summer of 2016, after making the switch to plant-based eating. Now they attract over 25,000 new fans to their Facebook page every single week, and get more views per video than Joe Wicks, Jamie Oliver or Deliciously Ella.

BOSH!'s stunning debut cookbook features over 140 incredibly easy, ridiculously tasty recipes that are so good you wouldn't know they're plant-based – from go-to breakfasts and hearty dinners to indulgent desserts.

Pioneering a new way of thinking about food, BOSH! creates the food you love, only without the meat or animal products. This isn't just good vegan food. It's good food, full stop.

Published to coincide with the explosion of the plant-based movement – vegan eating and flexitarianism are set to be the megatrends of 2018. Veganuary is the new Dry January. Searches of 'Meat Free Mondays' peaked in November 2017.

Massive global broadcast media and national press campaign, aligned with one of the industry's premier non-fiction publishers William Morrow in the States, reaching the existing BOSH! fanbase and new readers alike:

| Huge six-month pre-order campaign, building excitement and anticipation among BOSH!'s huge, engaged and growing fanbase, including over 1.4 million Facebook followers and 150k Instagram followers

| Major ticketed launch event BOSH!Fest right in the heart of foodie London at the world-famous Borough Market in publication week

| Significant coverage across the national press and food and lifestyle magazines

| Big sofa TV interviews on key broadcast slots such as BBC's *Saturday Kitchen*, C4's *Sunday Brunch* and ITV's *This Morning*

| High-impact nationwide consumer advertising campaign running at train stations and LU on publication

| Vegan and vegetarian celebrities with massive social reach, including Ellie Goulding, Russell Brand, Morrissey, Sara Pascoe, Lewis Hamilton, Jermain Defoe and Tom Fletcher approached for endorsements

| Highly targeted social-media engagement campaign across Facebook, Instagram, YouTube and Twitter, reaching the foodie and lifestyle audience

| Year-round appearances by Ian and Henry at major literary and food festivals nationwide

| Cross-promotion with a range of partners across the food, beauty and lifestyle market

| Working together with the PR team behind Joe Wicks, Megan Carver and the biggest talent-management agency in Europe, James Grant, to build the BOSH! profile and reach, drive strategic brand and media partnerships and get the BOSH! boys coverage and exposure across TV, radio, print and online.

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