

RUKMINI IYER

THE GREEN COOKBOOK

EASY VEGAN & VEGETARIAN DINNERS

'Rightly considered cookbooks for our times'

Guardian Food Books of the Year December 2022



'At the end of a working day, I want a minimum effort, maximum flavour dinner, as hassle-free as possible, while still feeling like there's something joyous on my plate and my family's too'

Rukmini Iyer

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The phenomenon that is **Rukmini Iyer** – the author of the bestselling *Roasting Tin* series and queen of fuss free flavour – is back with 75 new recipes that will help you get a delicious dinner (and some lunches too!) on the table every day of the week with minimum hassle and maximum flavour. Rukmini has created a book you can turn to from Monday to Sunday for everything from a 15-minute pasta dish to budget-friendly batch cooking, to celebratory feasts for friends. Half the recipes are plant based (with most of the vegetarian recipes easily veganisable), over half are gluten-free and all are perfect for anyone looking to eat more veg without compromising on flavour or ease. You won't be tempted to order out when you can pull together ridiculously moreish *miso butter noodles with tomatoes and spring onions* in 12 minutes.

Discover weeknight wins that come together in only 30 minutes, use only one pot (*one-pot pasta with peppers & harissa* or one tin (*crispy roasted tofu & aubergine with chilli peanut sauce*) to make doing the dishes a breeze. The 'cook once, eat twice' chapter will sort both dinner today and fabulous lunchboxes tomorrow, another chapter is packed with batch cooking recipes to help you prepare for a busy week and family dinners that are designed to be toddler and child-friendly but nice enough for you to eat too – think *crispy ravioli lasagne* or *rainbow fried rice* (just add sea salt!) For evenings and weekends with friends, you'll also find big dishes with big flavours and light sharing platters, like the addictive *spiced roasted carrots and hazelnuts with silky butterbean mash*.

THE QUEEN OF FUSS-FREE FLAVOUR

RUKMINI IYER



Rukmini Iyer is the bestselling author of the *Roasting Tin* series, which in five years has sold over 1.75 million copies worldwide. They've transformed the cookery space in the UK, leading the one-tin, one-pot, and one-pan revolution, and remain firm favourites among cookbook buyers who love Rukmini's minimum fuss, maximum flavour recipes. Rukmini makes regular appearances cooking live on morning TV and is the newest weekly columnist for the *Guardian's 'Feast'* magazine. She strongly believes that making time to eat well – for oneself or for family dinners – is an integral part of the day, and as a new mother with limited time but a good appetite, she's passionate about helping other households cook great, minimum-effort dinners.

Rukmini grew up with the best three food cultures, Bengali and South Indian from her parents' Indian heritage, and classic British 80's mac & cheese, potato waffles and cheese and pineapple on a stick. Seeing her mum switch effortlessly between Indian vegetarian food, Delia and Jamie recipes for dinner while working full time as a GP inspired Rukmini to think about home cooking as something that should be achievable on a busy weeknight, without compromising on flavour. At home, she's a pescatarian, but uses her knowledge of cooking as an omnivore and her time as a vegan to create recipes that maximise flavour (and give the home-cook some time to sit down and relax rather than stand in the kitchen all night.)

As a keen amateur kitchen gardener, Rukmini has a column in *BBC Gardener's World* magazine, and writes for numerous publications, including *BBC Good Food* magazine and major supermarket magazines. When she's not cooking for work, Rukmini loves gardening, reading, wandering around food markets with her border collie and toddler in tow, renovating the house with her husband and entertaining friends and family.

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thehappyfoodie.co.uk/chefs/rukmini-iyer/

For further interviews, recipes, or review copies please contact Sarah Bennie PR:

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PUBLICITY RECIPE SHEET FOR

THE GREEN COOKBOOK

BY RUKMINI IYER

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A maximum of three recipes may be used free of charge.

All recipes and images must be accompanied by the following credit line:

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**Miso butter noodles
with tomatoes & spring
onions**



**All in one orzo with
baked feta, tomatoes &
olives**



**Chickpea, avocado &
pomegranate tabbouleh
with spiced almonds (vg)**



**Turmeric fried
aubergines with yogurt,
butter chilli cashews &
coriander (gf)**



**Miso barley mushrooms
with coriander pesto
(vg)**



**Broccoli, date, pecan &
chilli chopped salad**



**Pea, tarragon & cream
cheese tart**



**Spiced roasted carrots
& hazelnuts, silky
butterbean mash (vg, gf)**

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