

# Hugh Fearnley-Whittingstall

## High Fibre Heroes

How to turn 12 everyday vegetables into 100 joyful, health-boosting recipes

(With an introduction from Tim Spector)

Published by Bloomsbury, 7<sup>th</sup> May, £26 hbk



‘Super useful - delicious!’

**Chris van Tulleken, author of *Ultra Processed People***

‘In Hugh’s inimitable style, [this book] demonstrates just how simple it is to get the fibre we need – and what a delicious experience that can be. Focused on the most accessible of plant foods, the recipes here are simple and sustaining, Hugh’s is a powerful message: eat more plants and you’ll eat more of the fibre that is central to good health. This book, I know, will make that project a pleasure.’

**Tim Spector OBE, author of *Food for Life and Ferment*, co-founder of ZOE Ltd.**

### **Before we delve into the how, let’s answer the why....**

As a society, our diets are now seriously lacking in fibre, a problem which goes right to the heart of the health crisis, not just in the UK but all over the western world. This health crisis, marked by soaring rates of obesity and illnesses like diabetes, cancer and heart disease, can very reasonably, and not unhelpfully, be described as a fibre crisis. And perhaps unsurprisingly, the best way to address the fibre crisis is with a fibre solution. The moment we begin to increase the fibre in our diets, we also begin to improve our health outcomes across a whole range of diet-related illnesses.

***High Fibre Heroes*** starts with a fascinating introduction by gut-health professor Tim Spector, who explains the science behind the fibre-revolution, and how eating more plants can only be of benefit to your ‘good’ microbes and your long-term health.

### **Now for the how...**

So because of this science Hugh is on a mission to help us eat more fibre and he wants to do that in the simplest, most effective and most delicious way possible. In ***High Fibre Heroes***, the king of veg celebrates 12 of the most inexpensive, recognisable, versatile and readily available plant superstars in the UK, that will help you boost your fibre count and hit your 30 plants a week in no time at all. Many of us aren't getting enough fibre in our diets, but Hugh shows us how simple – and delicious – it can be with 100 easy recipes (beautifully photographed) all celebrating these 12 veg heroes.

**Peas – Carrots – Cabbage – Tinned beans – Cauliflower – Leeks – Mushrooms – Tomatoes – Lentils – Spinach – Sweetcorn – Broccoli**

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Getting the most out of these 12 plant superstars doesn't need to be complicated – many of the recipes use only one pan and can be on the table within half an hour. In this book, Hugh gets the very best out of these often-underestimated veggies, this is food that's good for you and for the planet, too.

**Recipes include:**

- Warm bashed pea dip;
- Carrot lasagne;
- Cabbage and onion bhajis with spicy tomato sauce; • Spiced 'baked' beans on toast;
- Seared cauliflower and little gem salad
- Roast leek and potato gratin;
- Roast mushroom and kimchi sourdough sarnies;
- Tomato dhal with greens;
- Lentil, onion and cider soup;
- Spinach, chilli and lemon pasta;
- Smoky corn and courgette chowder;
- Broccoli and squeak ... and many more.

Alongside handy swaps and additions for most of the vegan recipes, Hugh also shares his go-to list of store-cupboard essentials to ramp up the flavour and pack in the fibre count for any dish. You'll find simple suppers, easy lunches, soups, salads and much, much more.

With a focus on the most inexpensive and accessible whole, unprocessed plants, these plant-forward recipes are thrifty, thoughtful dishes, but exciting and delicious too, proving that plant-based flavour is yours for the taking.

**Hugh Fearnley-Whittingstall:** Hugh is a chef, *Sunday Times* bestselling author broadcaster and campaigner. His River Cottage series for Channel 4 and campaigning documentaries for BBC 1 have earned him a huge popular following, while his much-loved cookery books have collected multiple awards, including the Glenfiddich Trophy and the Andre Simon Food Book of the Year. Hugh's hugely influential *Fish Fight* programmes earned him a BAFTA as well as awards with *The Observer* and the Guild of Food Writers. He has twice been voted Radio 4's Food Personality of the Year. In 2024 and 2025 he was the Head Judge for the BBC R4 Food and Farming Awards. ***High Fibre Heroes*** is the natural follow on to Hugh's bestselling book in 2024 ***How to Eat 30 Plants a Week***. He lives in Devon with his family.

**Introduction from Tim Spector.** Tim Spector OBE is a multi-award winning expert in personalised medicine and the gut microbiome. He is the author of *Food for Life* and *Ferment* and the co-founder of the personalised nutrition company ZOE.

'High in fibre AND full of flavour. This joyous celebration of vegetables, and important lesson to eat more fibre, is something we all need in our lives'. **Alfie Steiner @alfiecooks**

'Only Hugh could take on a subject like fibre and transform it into something interesting, desirable and delicious' **Meera Sodha, author of Fresh India, East and Dinner**

'This book will change the way you think about fibre in the most delicious and enticing way.'  
**Amelia Christie-Miller, author and founder of Bold Bean Co**