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# **East 120 Vegetarian And Vegan Recipes From Bangalore To Beijing English Edition By Meera Sodha**

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beijing"indian main course vegetarian

## **recipes main dish recipes**

**May 26th, 2020 - indian main course  
vegetarian recipes main dish recipes in any  
meal the main course prises the most filling  
and important part of the meal the main  
course is served after the starters or snacks**

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**and is followed by the dessert it may be made up of a single sumptuous dish or a combination of a couple of dishes'**

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tofu pad thai recipe is packed with flavour thanks to a delicious peanut butter sauce and is a perfect meat free midweek meal in the late 1930s thailand's prime minister held a public petition to find a new national dish the winning entry binned rice noodles'

**'silken tofu with pine nuts and pickled meat free monday**

**May 16th, 2020 - additional notes recipe taken from east 120 vegetarian and vegan recipes from bangalore to beijing by meera sodha published by penguin books priced 20 in hardback silken tofu is so named because it is passed through silk and is the most delicate of all the tofus both in flavour and texture'**

***'east 120 vegetarian amp vegan recipes book oliver bonas***

*May 23rd, 2020 - taking you from india to indonesia singapore to japan by way of thailand vietnam and china meera sodha introduces you to chard potato and coconut curry swede laksa kimchi pancakes delicious dairy free black dal*

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*and chilli tofu there are sweet potato momos for snacks and unexpected desserts like salted miso brownies and a no churn vietnamese coffee ice cream'*

**'east by meera sodha is the lockdown cookbook you need**

*May 3rd, 2020 - each of the 120 recipes in the book are vegetarian and vegan and straddle south east and south east asia it means spices like turmeric the anti inflammatory properties of which are well'*

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are always a crowd pleaser and naturally  
budget friendly plus with so many specialty diet  
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bland but meera sodha has proved  
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