

## The Hairy Bikers Mediterranean Adventure Tv Tie In 150 Easy And Tasty Recipes To Cook At Home

*The Hairy Bikers have lost almost 6 stone between them and you can lose weight too... Si King and Dave Myers are self-confessed food lovers. Food isn't just fuel to them, it's their life. But, like many of us, they've found that the weight has crept on over the years. So they've made a big decision to act before it's too late and lose some pounds. In this groundbreaking diet book, Si and Dave have come up with tasty recipes that are low in calories and big on flavour. This is real food for real people, not skinny minnies. There are ideas for family meals, hearty lunches and dinners, even a few knock-out bakes and snacking options. The Hairy Bikers will always love their food - pies and curries won't be off the menu for long! - but using these recipes, and following their clever tips and heartfelt advice, you can bake your cake, eat it, and lose the pounds.*

*'There's nothing quite so comforting as a really well-made pie. From classic favourites to new combinations, the BBC's Hairy Bikers have got it covered' BBC GOOD FOOD 'There are more than 140 drool-inducing recipes bubbling out of this book like steaming filling escaping through a gap in the pastry...easy to follow and delicious' COUNTRYFILE This is the definitive Pie Bible from the Kings of Pie, The Hairy Bikers. In their culinary homecoming, Si and Dave celebrate a dish close to their hearts. This beautifully illustrated cookbook brings together the Great British classic in 150 brand-new recipes. Featuring an extraordinary range of pies - from the sweet and savoury, deep and small, and to the pies that are puddings - The Hairy Bikers will inspire you to cook and share the mighty dish with the ones you love. With top tips on pastry, the failsafe methods, the secrets and the cheats, the boys will teach you how to choose the right type of pastry and filling for any occasion. Learn the rules of pastry making and how to add the right pickles, relishes and sauces to make your pie an unforgettable dish. And of course, how to make the most of those little left over bits and turn them into delicious cheese straws, jam tarts and turnovers. This is a heart-warming, delicious and nostalgic recipe book that can be enjoyed by families, friends and fans of the nation's favourite dish.*

*The Hairy Bikers are on their bikes again, searching out the very best recipes from around the world. This time, they're discovering the most delicious food from our favourite Mediterranean countries. Including recipes from the prime time BBC Two cookery series, THE HAIRY BIKERS' MEDITERRANEAN ADVENTURE celebrates the culinary delights of France, Spain and Italy. With more of us understanding the health benefits of a Med diet, these hearty and healthy dishes are a taste of the very best holiday memories. Fresh, classic, easy and seasonal, enjoy your favourite Med recipes with the nation's favourite cooking duo!*

*The long-awaited baking bible from the Hairy Bikers AKA Si King and Dave Myers. With their irrepressible enthusiasm for great food, Si King and Dave Myers, AKA the Hairy Bikers, travel the length and breadth of Europe to discover the best baking recipes from the Continent. From Norway to Southern Spain, the boys eat their way across ten countries, making friends and swapping recipes along the way. They discover the ultimate Black Forest Gateau in Germany, the most incredible pastries in Southern France and cook cakes that will tickle the tastebuds of all home bakers. This is a welcome return of the Hairy Bakers. These recipes will delight and will bring a freshness to all home baking.*

*100 simple and delicious recipes to fire up your favourites!*

*Lose weight and keep it off the easy way*

*80 delicious & filling recipes to get your health back on track*

*The Hairy Bikers' Perfect Pies*

*The Hairy Bikers' Meat Feasts*

*200 Delicious Recipes Cooked in the Nation's Favourite Kitchen*

*The Hairy Bikers celebrate the nation's favourite dish - the curry. Who doesn't love a curry? Whether it's a take-away korma at your kitchen table or a lamb biryani at your local Indian restaurant, a curry is everyone's favourite Friday night supper. But curry is so much more. A proper curry can be an exquisitely fragrant dish, with delicate flavours that surprise and titillate your taste buds, and the Hairy Bikers, bestselling authors and BBC presenters, are here to show you how to make the most delicious, authentic curries you've ever tasted in your own kitchen. In this book, Si and Dave have put together loads of brand-new recipes from around the world - from simple dishes for a quick midweek taste treat to fantastic feasts for a weekend celebration. Their recipes are the real deal, using great techniques and secrets they've discovered on their travels in Asia as well as years of cooking curries themselves. You'll find all the recipes and tips you'll need to make some mouth-watering meals, with everything from starters to pickles and chutneys. This is the one-stop shop for the best curries you've ever tasted - fresh, full of flavour and fantastic. These are curries for the 21st century.*

*The Hairy Bikers' Mediterranean Adventure 150 easy and tasty recipes to cook at home Orion*  
*Following on from their No. 1 bestselling diet book, THE HAIRY DIETERS, the Hairy Bikers share more delicious low-calorie recipes and easy-to-follow advice. Si King and Dave Myers, aka the Hairy Bikers, have been entertaining and feeding Britain with their unique blend of tasty recipes, cheeky humour and motorbike enthusiasm for years now. THE HAIRY DIETERS has sold over 1.2 million copies in the UK and this, their second diet book, delivers even more low-cal family favourites. Packed with 80 delicious low-calorie recipes, tips, and techniques to learn, this collection of diet recipes is the Hairy Bikers at their best. Si King and Dave Myers are the nation's favourite food heroes. The stars of numerous TV cookery series, they represent all that is good-hearted and loved about food.*

*THE IRRESISTIBLE NEW SUNDAY TIMES BESTSELLER. At last, vegetarian and vegan food Bikers' style!*

## Where To Download The Hairy Bikers Mediterranean Adventure Tv Tie In 150 Easy And Tasty Recipes To Cook At Home

In this brand-new collection of down-to-earth yet satisfying meat-free dishes, Si and Dave have gathered together their most hearty and warming comfort food ... that just happen to be vegetarian! Triple tested, with maximum taste and minimum fuss, these recipes are simply epic. Si and Dave have been on a mission. They've travelled the world to discover the very best meat-free recipes that shake off the dull and add the delicious. There's no meaty sacrifice here, just fantastic food. From the ultimate veggie curries to the perfect crowd-pleasing tray bakes, satisfying soups, pastas and pies to a veggie twist on burgers, barbecues and a banging breakfast brunch, *The Hairy Bikers' Veggie Feasts* is bursting with meat-free delights you'll turn to time and time again, all made with ingredients that can be bought easily and won't cost the earth. With savoury favourites like Chilli Bean Bake and Indian Shepherd's Pie, snacks including Pickled Onion Bhajis and Cheese and Marmite Scones, and sweet treats like Jammy Dodgers and the ultimate Chocolate Brownies, this new cookbook will be your meat-free bible. Si and Dave have made it even easier - and more delicious - to eat meat free. These recipes are a real turnip for the books ... so get cooking and enjoy.

James Martin's American Adventure

Nigellissima

BOSH!: How to Live Vegan

Ainsley's Mediterranean Cookbook

The Hairy Bikers' One Pot Wonders

Hairy Bikers' 12 Days of Christmas

*Losing weight is hard enough, so Si and Dave have written a fantastic collection of low cal recipes that make it easier than ever to stick to and enjoy a healthier diet. With the Hairy Dieters' trademark of knock-out flavours and hearty ingredients, these recipes will become your kitchen regulars. They are all easy on time, washing up, shopping and your waistline! Get ready to make it easy with Si and Dave's... 15 Minute fillers - super quick recipes Assembly jobs - no cooking Half a Dozen winners - recipes with six ingredients One Pot Wonders - forget the fuss and save on washing-up Batch cooking - getting ahead, cooking in bulk, freezing, saving money, having quick fixes ready to go when you're hungry Easy Peasy Puds - guilt-free sweetness and satisfaction It's time to lose weight, the easy way. It's worked for MILLIONS of readers, and it can work for you!*

*Approach the Mediterranean Sea from any direction and you know you've entered a different world. Rick Stein's culinary odyssey takes in both the islands and coast of this remarkable region. Travelling often by public ferry boat, and encountering extraordinary people along the way, Rick has sought out the very best of the region's food. This is a land where culinary trends are looked down upon. What matters is how good the lemons are this year and who is pressing the best olive oil. Rick's pick of more than 100 recipes includes Catalan Grilled Stuffed Mussels, Feta and Mint Pastries, Puglian Fava Bean Puree, Corsican Oysters with a Pernod and Tarragon Dressing, Moroccan Chicken with Preserved Lemon and Olives, Sicilian Orange Cake and Corfiot Rice Pudding. Fully illustrated with beautiful food photography by Earl Carter and landscape photography by Craig Easton, Rick Stein's Mediterranean is a fascinating journey into a rich and varied culinary heritage.*

*THE NO.1 SUNDAY TIMES BESTSELLER. The bestselling, big-hearted and down-to-earth chefs, The Hairy Bikers, return with 80 of their very best Dieter recipes. Contains previously published recipes - brought together in a collection that's designed to help tackle type 2 diabetes for the first time. In this smaller-format black-and-white paperback, first of a new healthy eating series, the Hairy Bikers prove that you can still eat your favourite foods while staying healthy and losing weight. With their delicious, low-cal versions of traditional classics and family favourites, the Bikers take the deprivation out of restrictive diets and are here to help you shift the pounds. This book is full of information to digest and dieting hits to enjoy. The Bikers also share their own personal stories of their battles against type 2 diabetes, and hope to inspire readers as they start their own weight loss journey. Whether you've been struggling with type 2 diabetes for years or have recently been diagnosed, there's no better time to take action and make a change. 'The Hairy Bikers continue their mission to bring sunshine and variety to the notion of 'diet'. People need to eat food. People with type 2 diabetes also need to eat food. In this book Si and Dave apply their magic to square health needs with varied, enjoyable eating. If you are looking for new and interesting ways to eat, then this book is for you.' Professor Roy Taylor, bestselling author of Life Without Diabetes.*

*The Hairy Bikers are on their bikes again, searching out the very best recipes from around the world. This time, they're discovering the most delicious food from our favourite Mediterranean countries. Including recipes from their prime time BBC Two cookery show, THE HAIRY BIKERS' MEDITERRANEAN ADVENTURE celebrates the culinary delights of France, Spain and Italy. With more of us understanding the health benefits of a Med diet, these hearty and healthy dishes are a taste of the very best holiday memories. Fresh, classic, easy and seasonal, enjoy our favourite Med recipes with the nation's favourite cooking duo!*

*How to Love Food and Lose Weight*

*The Ultimate Pie Bible from the Kings of Pies*

*The Hairy Dieters Eat for Life*

*The Hairy Dieters Go Veggie*

*The Autobiography*

*Life Without Diabetes*

**THE US EDITION OF THE INTERNATIONAL BESTSELLER** A momentous medical breakthrough—a scientifically proven program for managing and reversing Type 2 Diabetes at any stage of health. The fastest growing disease in the world, Type 2 diabetes has long been regarded as an incurable, lifelong condition that becomes progressively worse over time, resulting in pain, loss of vision, amputation, and even premature death. But there is hope. For more than four decades, Dr. Roy Taylor has been studying the causes of diabetes. In 2017, he had a breakthrough: he found scientific proof that Type 2 diabetes is not only reversible, but that anyone following a simple regimen can prevent and cure it. Dr. Taylor's research shows that Type 2 diabetes is caused by too much fat in the liver and pancreas, which interferes with both organs' normal functioning. By losing less than 1 gram of fat, the liver and organ can begin to perform as they were designed to once again—thus beginning the reversal process. The most efficient way to shed fat from the liver and pancreas is to lose weight as quickly as possible. Life Without Diabetes makes it easy for people to cut back on their daily calorie intake and avoid the two big problems of dieting—hunger and choice—and lose up to 35 pounds in just eight weeks. Thanks to Dr. Taylor, we can now fundamentally change how we treat and prevent this debilitating and all-too-common disease forever.

*Nigella Collection: a vibrant new look for Nigella's classic cookery books. 'This book is borne out of my long love affair with Italy - one that started as a heady teen romance and has weathered the ensuing years intact.' Nigellissima is a celebration of fresh, tasty and unpretentious cooking, inspired by Nigella's experiences of living, working and learning to cook in Italy. In 120 quick and easy recipes, Nigella shows you why Italian food has conquered the world, from sunny pasta dishes to rich lasagne and meats, with indulgent ice cream, cakes and puddings and perfect party food. With warm and witty food writing, mouthwatering photography and a beautiful hardback design, this is a book you will treasure for many years as well as a delicious gift for friends*

and family. Pasta - delicious new twists on spaghetti, risotto, lasagne and other favourites  
Flesh, fish and fowl - easy meat dishes, chicken recipes and succulent fish  
Vegetables and sides - tempting vegetable dishes, salads and potato recipes for any occasion  
Sweet things - panna cotta, ice cream and gorgeous Italian baking  
An Italian-inspired Christmas - roast turkey, puddings and all the trimmings...  
Christmas dinner with a Mediterranean twist  
**THE FANTASTIC NEW SUNDAY TIMES BESTSELLER.** Big flavours. Good ingredients. Uncomplicated food. That's what Si King and Dave Myers, AKA the Hairy Bikers, are known and loved for. Now the kings of comfort, and nation's favourite cooking duo, bring you everyday cooking at its best. For this book, Si and Dave have conducted a survey to ask you, their fans, what you all love to eat at home. You answered in your thousands, sharing so many great ideas for go-to dinners, puddings and bakes. Inspired by these, the Bikers have created 100 new triple-tested recipes for easy and delicious ways to elevate these everyday family favourites into taste sensations. From hearty roasts to mouth-watering curries, speedy stir-fries to easy-to-cook pastas and pies, and irresistible puddings and bakes, **EVERYDAY WINNERS** is packed full of ideas to make every meal memorable. Enjoy mega-satisfying recipes include Chicken Kiev Pasta Bake, Tex Mex Beef Chilli, Sausage Risotto and Lamb Kofta Vindaloo, or tempting puddings like Pineapple & Rum Sticky Toffee Pudding and Cherry & Dark Chocolate Cheesecake. With each dish bursting with the Hairy Bikers' trademark big flavours, these are just some of the many tasty delights in this cracking new cookbook. It's time to mix things up in the kitchen, so get stuck in and add a little Bikers' magic to your cooking - whatever day it is!

A sensational savoury celebration of our favourite bird with show-stopping puddings, desserts and cakes made with the humble egg! Full to the brim with new ideas, family favourites and modern classics, this is the ultimate collection of fantastic chicken and egg recipes . . . Si King and Dave Myers love chicken. They also love eggs. In this, their biggest and best cookbook yet, the Hairy Bikers celebrate these most humble yet versatile of ingredients. What comes first? It's up to you. There are chicken soups and salads, eggy specials, an ultimate roasts section, smoky grills and hearty pies, everyday pasta and rice suppers, sensational spiced dishes and lots of ideas for making a little chicken go a long way. And to finish, there are irresistible puddings and cakes to peck at! Travelling the world to discover the very best chicken and egg recipes, Si and Dave have done it again. **Chicken and Egg** is a magnificent celebration of good food.

The Hairy Dieters

The Hairy Bikers' Mediterranean Adventure (TV tie-in)

Over 100 delicious vegetarian and vegan recipes, full of flavour and meat free!

Instant Italian Inspiration (Nigella Collection)

100 of Our Super Tasty, Really Easy, Best-ever Recipes

Over 100 super simple and delicious 5-ingredient recipes. Recommended by Veganuary

***There's something about the smell of meat cooking that signals a feast - it's savoury, comforting and tempting. A steak on the grill, a roast in the oven, a casserole bubbling: they make your mouth water. Si King and Dave Myers, aka the Hairy Bikers, have always been passionate about meat, and this bible is an unadulterated celebration of the fine produce we have available today. MEAT FEASTS includes all their favourite recipes and some new surprises. There are family classics, spicy treats, perfect pies and delicious zingy salads. Si and Dave love their veggies too, and MEAT FEASTS features some of the very best veg recipes to showcase a Sunday joint or make a little meat of a very long way. A meaty modern classic, MEAT FEASTS is your one-stop meat cookbook!***

***Following on from his triumphant TV show and book James Martin's French Adventure, our food hero takes on the United States in James Martin's American Adventure. The book sees James travel from coast to coast, cooking and eating everywhere from San Francisco to Dallas, Philadelphia to New Orleans, New York to Maine, and sampling the high life in The Hamptons. On the way he cooks with real cowboys at a ranch, caters at Reno air race, and explores Creole food in Baton Rouge. It's the culinary journey of a lifetime and here are all the recipes from the series, along with exclusive photography from behind the scenes on James's extraordinary food trip.***

***100 delicious recipes – all under 400 calories – from the authors of Pinch of Nom, the fastest-selling cookbook of all time. Great-tasting recipes. Hassle-free slimming. Featuring proper breakfasts, light takes on family favourites, cheeky fakeaways and speedy midweek meals, Pinch of Nom Everyday Light is full of hearty, everyday recipes – nearly half of which are vegetarian. From Fish and Chips to Pizza Loaded Fries, Sloppy Dogs to Firecracker Prawns, and Hash Brown Breakfast Bake to Crying Tiger Beef, every recipe is under 400 calories including accompaniments, and has been tried and tested by twenty Pinch of Nom community members. 'These tasty, healthy recipes are so easy and made with simple-to-find ingredients. We're so proud of this food that the whole family can enjoy together. We hope you like making the dishes, but mostly we hope you love eating them!' - Kate & Kay***

***200 mouth-watering recipes from Britain's food heroes. Each weekend, BBC's SATURDAY KITCHEN brings us the world's greatest culinary talents and shows us how to cook delicious food right in our own kitchen. THE SATURDAY KITCHEN COOKING BIBLE is a stunning new collection of recipes, with an introduction from James Martin, that will inspire and delight. All of the recipes have been cooked on the show and now you can make them at home. There are stress-free 30-minute meals such as Bill Granger's stir-fried chilli pork, ideas for satisfying weekend lunches, such as Angela Hartnett's chicken with chorizo, peppers and sage, James Martin's hearty beef and ale pie, and sensational dishes from Michelin-star greats like Jason Atherton and Michel Roux for when you really want to impress. Be inspired to create some wonderful dishes of your own. Now you can with THE SATURDAY KITCHEN COOKING BIBLE.***

***The Hairy Bikers' Chicken & Egg***

***The Hairy Bikers Eat to Beat Type 2 Diabetes***

***The Sunday Brunch Cookbook***

***The Hairy Bikers' British Classics***

***The Hairy Bikers' Veggie Feasts***

***The Hairy Bikers' Big Book of Baking***

Do you want to make easy, healthy Chinese food? Go for a wok. It's time to toss the takeout menu and start stir-frying like a seasoned master chef. In the time it takes to call for takeout, you could make a delicious Chinese dinner at home! You do not have to train at a culinary art school to learn how to cook delicious Asian wok dishes. In fact, all you actually need to do is to gather up your ingredients, prepare them in advance, and fire up that wok so you can stir-fry them to perfection. Now you can capture the flavors of Chinatown in your own kitchen. This Chinese cookbook makes it quick and easy to prepare Chinese takeout favorites at home with beginner-friendly recipes that anyone can master. From appetizers to desserts and everything in between, learn how to make classics like Appetizers and Dim Sum Favorites, Hot and Sour Soup, Orange Chicken, Kung Pao Beef, Shrimp Lo Mein, and Sweet Egg Custard Dessert. These step-by-step recipes use simple, affordable, everyday ingredients you can find at most grocery stores and don't require lengthy prep work or complicated cooking techniques. Welcome to your new Asian-inspired cooking adventure! Here are some of the kind of recipes you'll find in **Healthy Wok Chinese Cookbook for Beginners**: Dumplings and egg rolls  
Chinese soups  
Vegetables, tofu, and eggs  
Pork, beef, and lamb recipes  
Noodles and rice  
Chicken and duck dishes  
The most delicious fish and seafood recipes  
100 best Asian recipes to impress your friends and family. Skip the takeout and enjoy quick, healthy Chinese food with **Healthy Wok Chinese Cookbook for Beginners**. So, if you've got a wok in the kitchen, all you have to do is start!

Download your copy today! Scroll up and click the "BUY NOW" button CHOOSE which one you like more! The Book is Available in 3 Editions: Kindle Paperback - Full Color Paperback - Black & White

1 MILLION BOSH BOOKS SOLD WORLDWIDE From the international phenomenon and bestselling sensation Bosh!—"the vegan Jamie Olivers" (Times, UK)—comes this fully comprehensive guide to vegan living, whether you're thinking about adopting a plant-based lifestyle or a committed vegan looking for new information and insights. Do you want to go vegan but have no idea where to start? BOSH!, the pioneers of simple, delicious plant-based cooking and the guys behind the biggest vegan video channel on the web, are here to help! BOSH!: How to Live Vegan covers all aspects of vegan living from plant-based food and wine to vegan toiletries, travel, and clothes. Henry and Ian address the benefits of veganism on our health and the planet and answer a variety of questions on living life without animal products. Should you be eating avocados? Is it okay to wear an old leather belt? What do you tell your friends when they offer you a glass of non-vegan wine? Pioneering a new way of thinking, BOSH! is helping to make a sustainable and ethical lifestyle accessible to everyone. Whether you're a committed vegan, looking to improve your lifestyle, or starting out for the first time, this book has all the know-how and inspiration you need to pursue and enjoy a plant-based life.

Make every day feel like the weekend with the first official cookbook from Channel 4's Sunday Brunch. Cheers Tim! Cheers Simon! Enjoy 100 delicious, fuss-free and easy recipes from your favourite weekend food and chat show. Find quick and easy mid-week meals, simple slow cooking, and dinners you can get on the table in under 30-minutes. Make lazy breakfasts and brunches, roasts, curries, bbqs and delicious sharing plates for the whole family or to share with friends. And don't forget about pudding and drinkipoo! Discover proper home comforts and your new family favourites in this gorgeous new cookbook. Includes brand new dishes as well as popular recipes from the show, such as: Sweet & Sour Crispy Fish Bites, Korean Sticky Pork Belly, Filthy Dirty Ham & Cheese Toastie, Blueberry Pancakes with Eggs & Bacon, Moroccan Carrot & Avocado Salad, Rump Steak with Kale Salad, San Francisco Fish Stew, Chilli Aubergines with Smoked Feta, Chicken Katsu Curry Burger, Mushroom Puri, Salted Popcorn Brownies, Strawberry, Watermelon & Rose Jelly Mousse AND MORE!

Number One Sunday Times Best Seller. The nation's favourite TV chef and cookery author Lorraine Pascale returns with 100 brand new mouth-watering recipes that are wonderfully quick and easy to make and bursting with fresh ingredients So Vegan in 5

The Hairy Bikers Blood, Sweat and Tyres

150 easy and tasty recipes to cook at home

The Hairy Bikers' Great Curries

Healthy Wok Chinese Cookbook for Beginners

How to Love Food, Lose Weight and Keep it Off for Good!

Omar Allibhoy is the new face of Spanish cooking: he's charismatic, effusive, passionate and wants to bring Spanish food to the people of the UK. Tapas Revolution is the breakthrough book on simple Spanish cookery. Using everyday storecupboard ingredients, Omar offers a new take on the classic tortilla de patatas, making this iconic dish easier than ever, and brings a twist to pinchos morunos and pollo con salsa. With sections covering vegetables, salads, rice dishes, meat, fish, cakes and desserts, the emphasis is on simplicity of ingredients and methods - reinforcing the fact that absolutely anyone can cook this versatile and accessible food. TAPAS NOT PASTA!

'Fabulous' DAILY MAIL In this brand-new collection of the finest classic recipes, Si King and Dave Myers, AKA the Hairy Bikers, celebrate the riches and delights of great home cooking. Always triple-tested, always full of flavour, Si and Dave's recipes are everything we love about great food. From savoury classics such as the perfect prawn cocktail, homely homity pie, rich Lancashire hotpot and herb-stuffed shoulder of lamb, to sweet crowd-pleasing puds like jam roly poly and deep-filled lemon meringue pie, there are recipe favourites on every page. With chapters on soups and salads, family suppers, classic comfort food, Sunday dinners, BBQ and picnics, tea time and puddings - this collection caters for all. It also has a fantastic Christmas section on classic festive feasts with all-new Biker twists. So, be inspired to cook the very best of the Bikers in this new collection of their favourite recipes and ever-popular modern British classics.

Si King and Dave Myers, AKA the Hairy Bikers have travelled an interesting road. Born in the north of England, both Si and Dave had their childhood challenges. For Si, being bullied as the fat kid in class was part of his daily school routine. For Dave, his life changed when he became a childhood carer for his mother. But through the challenges of their early years came a love of really good food. And it was food that brought Si and Dave together. Their eyes met over a curry and a pint on the set of a Catherine Cookson drama, and they knew they would be firm and fast friends for life. From deserts to desserts, potholes to pot roasts, the nation's favourite cooking duo reveals what's made their friendship such a special and lasting one. They've eaten their way around the world a good few times, but have never lost sight of what matters: great friends, great family and great food. In this heartwarming memoir of friendship and hilarious misadventure, Si and Dave take you on the ride of their lives!

The bestselling, big-hearted and down-to-earth chefs, The Hairy Bikers, return with 80 delicious vegetarian recipes to make losing weight and eating less meat even easier. In their multi-million selling HAIRY DIETERS series, the Hairy Bikers proved that you can eat your favourite foods and still lose weight. Jam-packed full of delicious, low-cal versions of traditional classics and family favourites, they have taken the deprivation out of dieting and helped millions shift the pounds. Following on from THE HAIRY DIETERS, THE HAIRY DIETERS EAT FOR LIFE, THE HAIRY DIETERS GOOD EATING and THE HAIRY DIETERS: FAST FOOD, THE HAIRY DIETERS GO VEGGIE, shows that going vegetarian can be just as easy as going low-cal. Whether you want to cut out meat entirely, cut down, or just incorporate some more meat-free dishes into your diet, the book is full of simple and easy-to-follow recipes for tasty veggie meals and snacks, from Lancashire Hot Pot to Veggie Sausages. Si King and Dave Myers, aka the Hairy Bikers, have been entertaining and feeding Britain with their unique blend of delicious recipes, cheeky humour and motorbike enthusiasm for years now. The Hairy Dieters books have sold over 3 million copies in the UK, and their fifth book is set to make healthy eating even easier. Si King and Dave Myers are the nation's favourite food heroes. The stars of numerous TV cookery series, they represent all that is good-hearted and loved about food.

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Rick Stein's Mediterranean Escapes

Simple Chinese Wok Recipes for Stir-frying, Dim Sum, Steaming, and Other Restaurant Food Favorites

Lorraine Pascale's Fast, Fresh and Easy Food

The Hairy Bikers' Mediterranean Adventure

The Hairy Bikers' Cookbook

Tapas Revolution

With their zest for both adventure and food and their laugh-out-loud capacity for fun, the Hairy Bikers make a very entertaining pair, travelling on their motorbikes to the ends of the earth in search of great meals to bring home to their friends. The journeys are exciting, the locations and people are fascinating and the food is delicious and unpredictable - often caught by the boys and then prepared and cooked by the side of a river, on a boat or on the beach. Funny, endearing and down-to-earth, they will very easily find a place in the nation's hearts.

The Sunday Times Bestseller A wonder of a recipe collection celebrating the simple joys of one pot cooking Life is complicated enough so why not let Si King and Dave Myers, AKA the Hairy Bikers, make it just that bit easier? Whether it's inspiration for supper after a hard day's work or a slow roast feast for a weekend gathering, One Pot Wonders has it all. From rich and warming tray bakes to light but satisfying salads, these triple-tested recipes deliver on flavour and cut out the fuss. This is Si and Dave's most wonderful collection yet, with chapters on breakfasts and brunches, soups and salads, satisfying stews, quick one pot carbs, tarts and tray bakes, stovetop suppers, pies and pot roasts, and puddings and cakes - this collection is a belter! Enjoy savoury classics like Sausage and Bean tray bake and Showstopper Quiche, or the sweet delights of Rhubarb and Orange Crumble and Boozy Syllabub Trifle, there's so much here to tickle the taste buds and get your cooking mojo back into the kitchen. So dial back the effort and turn up the flavour with the boys' One Pot Wonders!

The best dish on Raymond's menu, according to Raymond, is the 'one that's in season'. In this unique TV series and book, Raymond Blanc and Royal Botanic Gardens, Kew have created a stunning Kitchen Garden at Kew to showcase the heritage and botany of our favourite plants as well as uncover their growing and cooking secrets. We'll explore how these plants arrived in the UK, brought back by intrepid plant hunters, how they flourished and how they spread to become part of our everyday meals. The Kew gardeners offer their tips and expertise in growing this produce, from carrots to potatoes, rhubarb and gooseberries, apples and peas. And interwoven with these stories will be Raymond's Blanc's detailed tasting notes and 40 mouth-watering recipes. Raymond's unparalleled expertise is drawn from three decades of experience in his own restaurant kitchen garden. He brings with him a lifetime's passion about fruit and veg, knowing exactly which apple is the perfect variety for his Tarte Tartin and which potato makes the perfect Sunday roast. With a wealth of stunning historical illustrations, woodcuts and images as well as beautiful recipe photography, this will be a book to treasure for life.

Following on from their multi-million selling diet books, **THE HAIRY DIETERS**, **THE HAIRY DIETERS EAT FOR LIFE** and **THE HAIRY DIETERS: GOOD EATING**, the Hairy Bikers are back with more delicious low-cal recipes, that can all be made under 30 minutes. **THE HAIRY DIETERS: FAST FOOD** is jam-packed with tasty recipes for breakfast and brunch, soups, salads, mains and snacks, including Spicy Sweetcorn Fritters, Pasta with Chilli Prawns, Chicken Tagine and Instant Sorbet with Frozen Berries. Si King and Dave Myers, aka the Hairy Bikers, have been entertaining and feeding Britain with their unique blend of delicious recipes, cheeky humour and motorbike enthusiasm for years now. The Hairy Dieters books have sold over 2 million copies in the UK, and their fourth book is set to make healthy eating even easier. Si King and Dave Myers are the nation's favourite food heroes. The stars of numerous TV cookery series, they represent all that is good-hearted and loved about food.

Over 100 recipes celebrating timeless cooking and the nation's favourite dishes

**The Hairy Dieters: Good Eating**

Over 100 delicious new favourites, from terrific tray bakes to roasting tin treats!

With Over 120 Delicious Recipes - A Meaty Modern Classic

**The Definitive Guide to Understanding and Reversing Type 2 Diabetes**

**80 Classic American Recipes**

You don't have to be vegan to love vegan food. Want to cook vegan food at home but don't know where to start? Think vegan food is expensive? Unsure where to find the ingredients? Think again! Don't let anyone tell you vegan food is bland, boring or complicated. Roxy and Ben, creators of 'So Vegan' - one of the world's leading vegan recipe channels - will show you how to create fun and super tasty vegan recipes using just five ingredients, proving once and for all that vegan food is for everyone. So whether you're a full-time vegan, a curious carnivore or simply somewhere in between, So Vegan in 5 is your go-to guide for eating more delicious plants, packed with budget-friendly and time-saving recipes for the everyday cook. Vegan couple Roxy and Ben launched 'So Vegan' just over two years ago with the mission to revolutionise the way we think about vegan food. Nothing like So Vegan existed at the time, so the couple decided to take a leap of faith: they devoted all their spare time to developing and filming plant-powered recipes from their cosy south London flat. Fast forward to today, their channel now has over one million followers and their recipes reach a staggering tens of millions of people around the world every month. This book is bursting with over 100 exciting, all-vegan, low-cost and low-ingredient recipes for the time-poor cook. You'll find quick and easy breakfasts, simple and healthy light meals, classic dinners and indulgent desserts, plus so much more. As well as stunning everyday recipes and foodie tips, the book also contains helpful advice on how to live a more sustainable life. Being vegan just became easy. "So Vegan in 5 showcases fun and simple recipes and lots of inspiration for Meat Free Mondays!" - Paul McCartney 'Here is a cookbook that makes it even easier to make delicious vegan food for someone who can't cook at all, like me! Thank you, Roxy & Ben.' - Chris Martin, Coldplay 'A must-have cookbook if you're looking for super simple and tasty vegan recipes during Veganuary!' - Veganuary

Travel the Med without leaving your kitchen. Join national treasure Ainsley Harriott on his culinary journey through the Mediterranean discovering the very best recipes to cook back home. Ainsley's Mediterranean Cookbook includes all the recipes from his major 10-part ITV1 series. Journeying through Spain, Sardinia, Morocco, Corsica and Jordan, Ainsley shows how easy and enjoyable it can be to make fresh, healthy, delicious meals. From simple salads and dips to everyday favourites like pasta and risottos, satisfying meats, flavoursome vegetarian mains and light fish dishes, Ainsley's recipes are perfect for a relaxed gathering of family and friends or hassle-free midweek meal. Recipes include: Corsican mint omelette Moroccan vegetable and sesame seed parcels Courgette, lemon and pecorino spaghetti Butternut squash and sweet potato tagine Nutty pearl couscous with feta and dates Aromatic fish pilaf Pasta shells with sausage, tomato and fennel sauce Hazelnut and chocolate cake Orange and cinnamon hot chocolate

'The Hairy Bikers are back with a fresh set of dishes that are full of flavour but low in calories.' DAILY MAIL 'Make delicious, healthy dishes with Si and Dave.' BELLA 'A must-have book' CHOICE Following on from their multi-million selling diet books, **THE HAIRY DIETERS** and **THE HAIRY DIETERS: EAT FOR LIFE**, the Hairy Bikers share more delicious low-calorie recipes and easy-to-follow advice. Si King and Dave Myers, aka the Hairy Bikers, have been entertaining and feeding Britain with their unique blend

of tasty recipes, cheeky humour and motorbike enthusiasm for years now. The Hairy Dieters books have sold nearly 2 million copies in the UK and their third diet book provides even more low-cal family favourites. Si King and Dave Myers are the nation's favourite food heroes. The stars of numerous TV cookery series, they represent all that is good-hearted and loved about food. Who doesn't love a curry? Whether it's a take-away korma at your kitchen table or a lamb biryani at your local Indian restaurant, a curry is everyone's favourite Friday night supper. But curry is so much more. A proper curry can be an exquisitely fragrant dish, with delicate flavours that surprise and titillate your taste buds, and the Hairy Bikers, bestselling authors and BBC presenters, are here to show you how to make the most delicious, authentic curries you've ever tasted in your own kitchen. In this book, Si and Dave have put together loads of brand-new recipes from around the world - from simple dishes for a quick midweek taste treat to fantastic feasts for a weekend celebration. Their recipes are the real deal, using great techniques and secrets they've discovered on their travels in Asia as well as years of cooking curries themselves. You'll find all the recipes and tips you need to make some mouth-watering meals, with everything from starters to pickles and chutneys. This is the one-stop shop for the best curries you've ever tasted - fresh, full of flavour and fantastic. These are curries for the 21st century.

The Hairy Bikers' Brilliant Bakes

Saturday Kitchen Cooking Bible

Pinch of Nom Everyday Light

The Hairy Bikers' Everyday Winners

The Hairy Dieters: Fast Food

BAKE EVERY DAY THE BIKERS' WAY For the Hairy Bikers, nothing says love and home like the smell of a cake in the oven, a homemade loaf or a freshly baked pie. Here, in this ultimate collection of bakes from the nation's favourite cooking duo, you will find everything from h beef slices to cheese, onion & potato pie, lime & coconut drizzle cake to billionaires' shortbread, the ultimate Victoria sponge to an epic chorizo share & tear bread. There are the classic bakes the Bikers have loved since childhood, plus mouth-watering new creations to die as always each recipe is packed with flavour and triple-tested. Si and Dave know that baking is all about getting the basics right, so all their favourite recipes, they will also be sharing plenty of tips and tricks to build your baking confidence and expertise. This really is a b bible and the only one you need on your shelf. So what are you waiting for? Let's get baking the Hairy Bikers' way!

The Hairy Dieters Make It Easy

Strathbogie, the Gordons and the 'land O'cakes'

Kew on a Plate with Raymond Blanc

100 Tasty, Slimming Recipes All Under 400 Calories