

ONE BITE

AN MAGAZINE

Special Edition:
*One Bite Vegan Food
Blogger Awards*

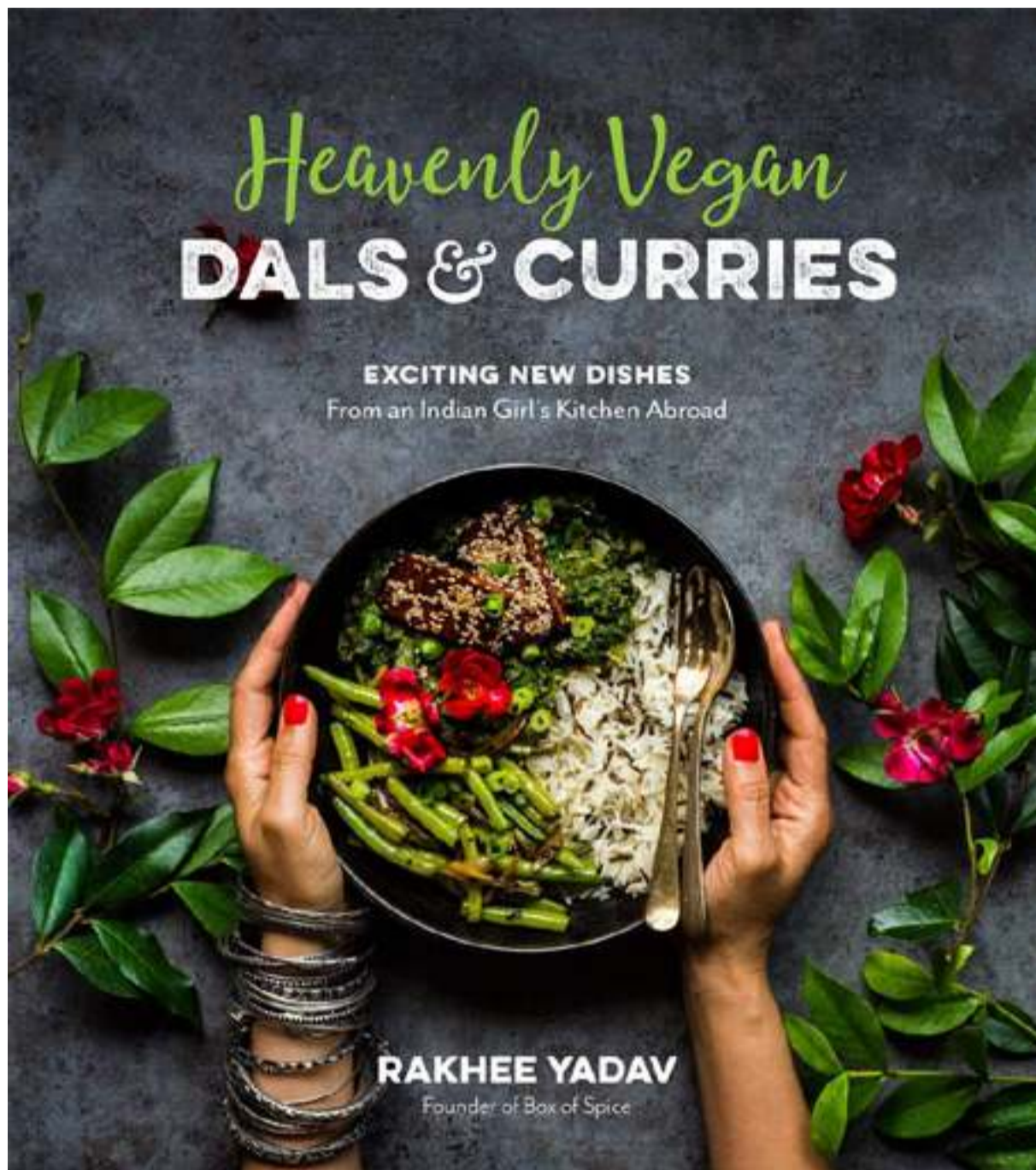
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**Meet our 2019
Overall Winner:**
*Sam from 'It Doesn't
Taste Like Chicken'*

**Vegan Eating in
LA, California**

Win a copy of
**Heavenly Vegan
Dals and Curries**

**Vegan Ice Cream &
Popsicle Recipes**



Reviewed: Heavenly Vegan Dals and Curries cookbook

By Honey Morris

As someone who is head over heels in love with Indian cuisine, I can't tell you how thrilled I was to review the cookbook "Heavenly Vegan Dals and Curries" by Rakhee Yadav.

I follow Rakhee on Instagram (@boxofspice) and she also has a blog of the same name which

unites her recipe creations and her eye-catching photography.

Rakhee was born in India and raised purely on plant-based foods. Within the pages of this stunning cookbook you'll discover a plethora of both traditional Indian dishes inspired by Rakhee's mother and fusion dishes inspired by

Rakhee's travels, all evidencing her intense love for plant-based foods.

There's so much to love about Indian cuisine; the exotic ingredients, the distinct flavours, the fiery and tongue-tingling spices, even the subtle yet seriously satisfying sweetness of a coconut based dish. I know I'm gushing but I really do love everything about it!

As soon as I locked eyes on "Heavenly Vegan Dals and Curries" I knew it was going to be a visual masterpiece. Rakhee's photography and styling is breath-taking. I really love how we see her hands adorned with beautiful bangles in a lot of the images, it adds a personal touch and reminds me of how eating with your hands is customary in Indian culture.

Rakhee shares so many feel good stories in this cookbook, like how she got the inspiration for her Pav Bhaji burgers with spicy mango chutney on a trip to Mumbai, when she witnessed people queuing for hours at a modest restaurant so they could enjoy this spicy treat.

I'm excited by so many of the curry dishes that Rakhee share. I can't wait to indulge in a supersized serving of the sweet chili coconut pineapple curry, I'm salivating at the imagery alone of the tangy tomato and fig curry but, I'm most excited to try the fruity fusion of rhubarb and raspberry curry with roasted cauliflower.

Then there's the dals! Comfort food at its finest, and Rakhee doesn't disappoint, transforming the humble and unassuming dal with offerings such as raw mango quinoa toor dal, fire roasted eggplant two-lentil dal, urad dal risotto with caramelised fennel, and wait for it... spinach curry with dal dumplings. DAL DUMPLINGS!

If none of the above mentioned recipes have tempted your taste buds let me leave you with this thought, there's even a recipe for naan tacos. That's right, taco Tuesday's will never be the same again!

So, what are you waiting for? Get your hands on a copy of this cookbook and open the box of spice in your kitchen!

Would you like this cookbook? We've got one copy to give away. For your chance to be in to win it, just send us an email with your name and postal address to emma@onebitevegan.com, with the subject line: 'Dals and Curries'. Competition closes on the 1st August 2019. Only one entry per person will be counted.



About the author...

Honey Morris is the creator of Handmade by H-Monster. Handmade by H-Monster is about all things crafty but mostly crochet. Honey donates a minimum of 25-50% of the profits from the sale of her creations to not-for-profit animal rescues. Honey lives in picturesque Western Australia with her husband Stu and the rescue animals they share their life with. When she's not crocheting, or cooking up a vegan storm in the kitchen, you'll usually find Honey burning incense while reading a good book, tending to her veggie patch or taking a dip at the beach. Honey loves sharing her passion for animals, nature and veganism.