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Description This is a new revision of the 2nd edition of Vegetarian Nosh for Students. This edition has a new layout, new photography and includes 30% more recipes than the first edition. Originally a sequel to Nosh for Students, a book inspired by the author's son, Ben, leaving for university, who was clueless in the kitchen. This is the 3rd edition of "VEGETARIAN NOSH FOR STUDENTS", a sequel to a book originally inspired by the author's son, Ben, leaving for university, who was clueless in the kitchen. Toasted sandwiches and Mars Bars were his staple diet, but these didn't serve him too well!

The original "Nosh 4 Students" has about 60 vegetarian or vegetarian alternative recipes, so if you like this book it may be worth you purchasing the original one also. Being vegetarian means it is not easy to buy 'fast' food and ready made meals. It therefore becomes necessary to cook.

Vegetarian Nosh for Students : Joy May : 9780954317973

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DAY 1 1 Heat a little oil in a large saucepan and fry the onion and garlic for 1 minute. 2 Add the mince and cook until the meat is no longer pink. 3 Add the tin of tomatoes, tomato purée, mushrooms and sugar. Crumble the stock cube into the pan, stir well. Bring to boil, then simmer gently for 10 minutes.

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