
Elly Pear S Let S Eat Simple Delicious Food For Everyone Every Day By Elly Curshen

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May 25th, 2020 - elly pear s lentil tomato and coconut dhal is a pleasant coral hued mush the spicing is unchallenging mild but with a heady musk perfect fort bowl food if you care how dazzling your food looks you could always add some chopped coriander or a splurge of yoghurt for a bit of visual pizazz'

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May 22nd, 2020 - let s eat is the latest book from elly curshen who has been running her pear café in bristol since 2006 and has a gigantic and relatively london heavy social media following' **'elly pear s let s eat simple delicious food for everyone**

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May 27th, 2020 - elly pear s let s eat by elly curshen the approach is making simple delicious food that is very easy to prepare most of the meals are highly nutritious although some guilty pleasures are included perfect for vegetarians and vegans and anyone who is moving towards a more plant based diet'

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'**about ellypear the pear cafe**

March 25th, 2020 - elly curshen founder of bristol s pear café better known as elly pear and author of sunday times bestseller fast days and feast days 2016 is passionate about encouraging people to cook from scratch and try new things her bright inventive meat free cooking is influenced by world cuisine but always with an eye on the local greengrocers'

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