

FOOD & DRINK 31 May 2018

Animal appetite: the Wicked Healthy Cookbook hits kitchens



Get messy with the Sarno brothers

In January, Tesco's vegetarian section got a whole lot more exciting with [the addition of Wicked Kitchen](#), a range of flavour-packed vegan grub developed with Wicked Healthy blog Co-Founder and Chef Derek Sarno.

Now, Wicked Healthy has its own cookbook practically sticky with plant-based recipes created by Derek and his brother Chad Sarno (who's also Head of Culinary at Good Catch Food – busy boys).



Check out the Spicy Maitake Steak, the Samurai Burger with Wasabi and the Sloppy Jackfruit Sliders with Slaw, followed by Almond Meringue Cookies. Oh, and there's a foreword written by the Sarnos' mate Woody Harrelson. NBD.

In fact, why not try this [king satay with spicy peanut-ginger sauce recipe](#), taken straight from the new book?



The Wicked Healthy Cookbook by Derek Sarno and Chad Sarno is out today, May 31st (Little, Brown, £20).

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