

Stilton Literary Agency



Mostly Green

Original title: Litt kjøtt, mer fisk, mest grønt
Publisher: Gyldendal Forlag 2019
Non Fiction / Cookbook
Norwegian PDF

In my kitchen there is little meat, more fish and mostly vegetables.

It was the food I grew up with, it is the food I make myself, and like the most.

I am a flexitarian. That means most of what I eat is plant-based. In this book, I want to give my social media followers what I feel they want most: more plant-based food, more simple fish recipes and uncomplicated, tasty everyday dishes.

Just as important as in my previous books, it is about surprising yourself and those sitting at your table, with new flavors and combinations, based on ingredients easy to find in your convenience store.

This is the food I make when I gather the family around the table, cook a simple dinner alone or have guests over. Colorful dishes with contrasts and lots of flavour. It's food pleasure for me and those I cook for. Hope your experience will be the same when using my recipes.

Foreign rights

Stiebner Verlag, Germany

Aicha Bouhlou

Aicha Bouhlou loves to cook! She was born in Morocco, grew up in Germany and is living Bergen. For large parts of her adult life, she has worked with art communication and has run a gallery in Bergen. In 2012 she closed her art gallery and started with photography and took pictures of the food she cooked every day. The photos were first shared on Instagram, and received an overwhelming response. In December 2015, she started the blog: Aicha's food which eventually led to the publication of her first book called AICHA'S KITCHEN followed by GREEN DISHES and MOSTLY GREEN.

Aicha's food is inspired by her multicultural background and her love for vegetables. Aicha makes simple everyday food with ingredients you can easily get your hands on!

Other titles

Aicha's Mediterranean Cooking. The kitchen of the sun (2023)
Fanciful Salads (2021)
Green dishes (2017)