

Stilton Literary Agency



The Super Tasty Cookbook

Original title: En skikkelig digg kokebok
Publisher: Gyldendal Norsk Forlag 2019
Non Fiction / Cookbook

More than 50.000 copies sold in Norway!

A cookbook that shows you how to make super tasty meals based on vegetables instead of meat.

This is a book for people who want to create great tasting meat-free meals that the whole family will enjoy. The book's recipes have been tested and developed in collaboration with over 50 Norwegian families, and only those recipes with top test results have made it into the book. Enjoy popular favourites such as tacos and lasagna, Asian classics like pad thai and green curry, and quick pasta dishes you can enjoy during the week. These are recipes anyone can master, using ingredients readily available in your local supermarket.

You can access an online shopping list on your mobile phone. Super-smart when you are standing in the supermarket ready to shop!

Hanne-Lene Dahlgren

Hanne-Lene Dahlgren made her debut as a cookbook author with The Super Tasty Cookbook. As a mother of toddlers she focuses on simple, nutritious and tasty meat-free meals, that offer plenty of eating enjoyment and a variety of colour. Her mantra is that any food lover can also love eating meat-free.

Dahlgren is a former Google analyst who became a vegetarian enthusiast, giving up a promising career to focus on sharing her joy of food making. Her goal is a 30% reduction in meat consumption by 2025. On her super-popular Instagram account @hannelenesvegetar, Hanne-Lene shares tips, recipes and inspiration. As a mother of toddlers, she also prepares meals that are suitable for the little ones, and if you or someone in your family is gluten intolerant, she has taken that into consideration as well. All recipes are completely plant-based, but you can of course use dairy products if you wish.

Other titles

The Super Tasty Cookbook 3 (2022)
The Super Tasty Cookbook 2 (2020)