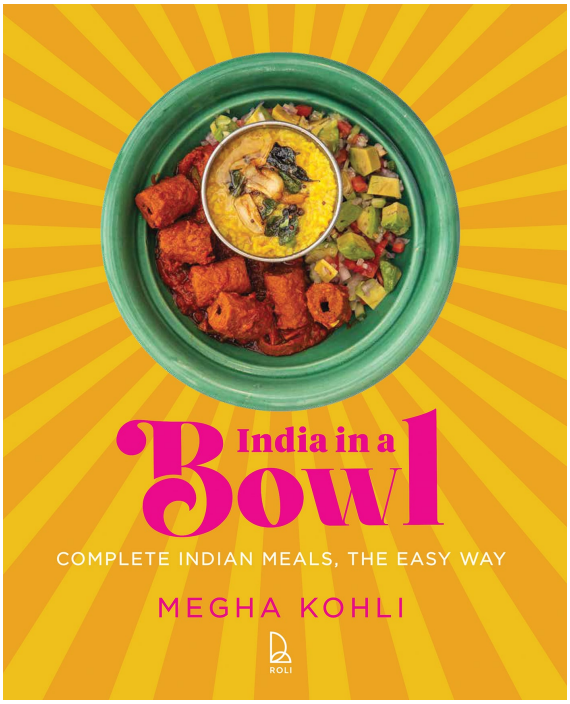
TITLE INFORMATION
Tel: +1 212 645 1111
Email: ussales@accartbooks.com
Web: https://www.accartbooks.com/us



India in a Bowl

Megha Kohli

ISBN	9789392130779
Publisher	Roli Books
Binding	Hardback
Territory	USA & Canada
Size	8 in x 10 in
Pages	224 Pages
Illustrations	81 color
Price	$35.00

- The one-bowl meal concept ensures quick, simple, and complete meals that are thoughtfully balanced with grains, vegetables, proteins, and more, making it ideal for busy weeknights
- The recipes make clever use of leftovers, helping reduce food waste while creating delicious, satisfying dishes
- Designed for everyday use, the recipes are simple, quick, and accessible, making it effortless to prepare meals that are both delicious and nutritious

One bowl meals are the answer to quick, simple meals that are well thought out, balanced and filling. Filled with grains, noodles, rice or millet, vegetables and protein, they serve as the perfect weeknight meal that is complete, can be made in individual portions, makes good use of leftovers and are extremely versatile. Bowl meals give you the flexibility to switch out ingredients based on dietary restrictions, healthy choices or personal tastes. Indian food offers a variety of flavors and opportunity to pair different flavors, techniques, marinades and ingredients. Chef Megha Kohli takes the principles of the traditional Indian meal and applies it to the popular ‘one bowl meal’ concept to give you recipes that are easy to follow, quick to whip up and in which eat bite offers an exciting combination of taste, textures and flavors.

Megha Kohli is currently the Chef Partner at Mezze Mambo, a Mediterranean restaurant & bar, in New Delhi. She is also the corporate chef at Mademoiselle, a boutique hotel in Goa, and at Cafe Mez & The Wine Company, in Delhi. Megha has already garnered an experience of 15 years in the industry and was also awarded with the 'Times Chef of the Year, 2020' award by the acclaimed and respected food critic Ms. Marryam Reshii.

Published 25th Nov 2025