Becoming vegetarian.

1. Could you be vegetarian?
2. Do you think you need to be a good cook to be a vegetarian?
3. What dishes could you prepare?
4. Do you agree that if you love animals, it's impossible to eat them?

Person 1: So, I read an article the other day on the benefits of becoming a vegetarian and how it's a healthier alternative to being a non-vegetarian. It really got me thinking…. we all know that excessive consumption of meat is not good for us however I'm not sure I could go the whole way and turn vegetarian. What's your take on it?

Person 2: It's definitely something I have pondered and wanted to experiment with for some time now, however I would struggle with time and creativity. I feel like you would need to be a super good cook to prepare tasty vegetarian meals. It's just so time consuming, would you have the time to serve up vegetarian meals every day?

Person 1: You definitely have a point there! You might think that making a few small changes to your diet would make life only slightly more complicated. But the move from non-vegetarian to vegetarian would "without a shadow of a doubt" make things way more complex. As well as the time needed to think of the dishes and prepare them, you'd also have to consider whether or not you are getting the right balance of nutrients, wouldn't you?

Person 2: That's a very valid point! I would love to make the switch, however with my hectic lifestyle I don't feel like it's remotely possible at the moment. With meat you can grill it and serve it with some veggies and have a delicious meal in no time! Being vegetarian is just nowhere near as easy. I would love to speak with someone who has already converted and find out some more about the benefits and pitfalls. Do you understand what I'm saying?

Person 1: Yes of course! Actually, now that I come to think of it, I already have a few really scrumptious vegetarian dishes that I prepare regularly. I use lots of herbs and spices to lift the taste and make it more flavoursome. For instance, one of my favourites is a vegetable and chickpea curry. You can add in whatever vegetable you have in the fridge, coconut milk, a mix of your favourite spices and voliá, you have a delicious well balanced vegetarian meal in 20 minutes! Would you like me to give you the recipe?

Person 2: Sure! Thanks. In fact, you've just reminded me of one I cook every week and the kids go crazy for it! They always want 2nd helpings! It's a vegetarian pasta dish with grilled vegetables. The key is to grate lots of parmesan on top – yum! Maybe we should swap ideas and add them to our recipe repertoire? How about it?

Person 1: Great idea! Moreover, I struggle with the ethical questions around eating meat as I love animals and grew up around lots of them. Is it really alright to eat animals? What's your take on that question?

Person 2: Well, it's a challenging one… For some this is an easy question to answer, but for others it's such a tough conundrum. You also need to bear in mind the fact that it's also such a personal choice…it really depends on their background, their culture, their preferences… Wouldn't you agree? Totally. Maybe we need to re-consider and make the leap!

Person 1: Ok, let's do it!