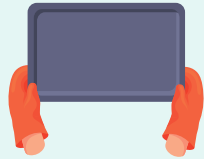


Roasted vegetable tray bakes in 5 easy steps

Roasted vegetable tray bake dinners are easy to put together and require little effort and skill. Roasting everything in one tray also means there is less washing up. Follow these easy steps for mix and match ideas for tray bake dinners:

1 Preheat your oven and roasting tray

Preheat your oven to 200 C /180 C (fan oven) and 2-4 tablespoons of oil to an oven tray and place in the oven to heat up. Heating the oil first helps to coat the vegetables more evenly.



Tip: If you are cooking a large amount of vegetables use two trays. Overcrowding causes your vegetables to steam rather than roast.

3 Choose a flavour combination



- **Keep it simple** - pepper + salt (optional)
- **Mediterranean** - 1-2 teaspoon of dried oregano or thyme (or dried mixed herbs)
- **French** - 2 teaspoons of Dijon or whole grain mustard + 1 tablespoon of red wine vinegar + pepper + salt (optional)
- **Spicy** - 1-2 teaspoons Cajun or Garam masala spice
- **Asian** - 1 teaspoon sesame oil + 1 tablespoon soy sauce + 1 teaspoon white wine vinegar



















2 Choose and prepare your vegetables

Chop vegetables into bite sized chunks (keep the skins on). Some take longer to roast than others. Either add to your roasting tray at different times e.g. longer-to-cook veggies first then add faster-to-cook veggies later, or chop the longer-to-cook veggies into smaller pieces and they can cook alongside each other.



Faster-to-cook
10-15 minutes

Longer-to-cook
25-40 mins

 green beans	 courgette	 cauliflower	 parsnips	 carrots	 beetroot
 mushrooms	 tomatoes	 broccoli	 leeks	 onions	 garlic
 spinach	 bell pepper	 sweet potato	 aubergine	 squash	 turnips

Tip: Use frozen vegetables to save time (no thawing required). Alternatively, consider using an air fryer to halve the time.



4 Choose a protein

Consider adding any of the following:

- Beans e.g. a drained tin of chickpeas or butter beans - add to the tray bake 10 minutes towards the end of cooking.
- Eggs - boil some eggs whilst you wait for the vegetables to cook.
- Nuts and seeds e.g. walnuts or sesame seeds - add these to the tray bake 10-15 minutes towards the end.
- Chicken - cook this alongside the vegetables or in a separate tray in the oven.
- Cheese - roast halloumi alongside the vegetables or add a grating of cheese just before serving (cheese and nuts are a good combination).



5 Assemble and cook tray bake

Remove your heated tray from the oven and add your vegetables, flavour combinations and coat your vegetables evenly. Add your protein option (at the required time if cooking alongside your vegetables). Roast in the oven for 25-40 minutes then serve.



Whilst you wait, put your feet up and relax or...

Consider cooking some starchy high fibre carbohydrates to serve with your tray bake, for example:

- whole grain cous cous - cover with boiling water, soak for 5 minutes
- whole grain pasta - simmer in hot water for 8-12 minutes, drain.
- new potatoes - simmer in hot water for 10 minutes, drain.
- bulgur - cover with 2-3 cm of boiling water, cover and soak for 20-30 minutes or simmer in hot water for 10-15 minutes.
- quinoa, millet or freekah - simmer with double the amount of water for approx 15-20 minutes, remove from heat and rest for 5-10 minutes.

Tip: consider batch cooking whole grains for the week. These can be refridgerated and then added to your tray bake 10 minutes before the end to reheat and soak up any excess oil and flavour.



Make a quick sauce to serve with your tray bake for more flavour, for example:

4 tablespoons of natural or Greek yoghurt

2 teaspoons of salsa, tahini or pesto



Serve and enjoy!

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