



Easy-peasy Tray Roasts



With cooler, darker evenings upon us, a roast is an easy and delicious way to warm up. Rather than spending a long time in the kitchen watching pots and pans, these tray roasts just need time in the oven with a couple of checks. This chooser chart of mix and match ideas will help you to create all sorts of super-easy, seasonal, economical and family-favourite tray roasts.

The quantities suggested will make enough to serve 4 people and it is easy to scale the recipe up. Ingredients containing allergens are highlighted in bold>

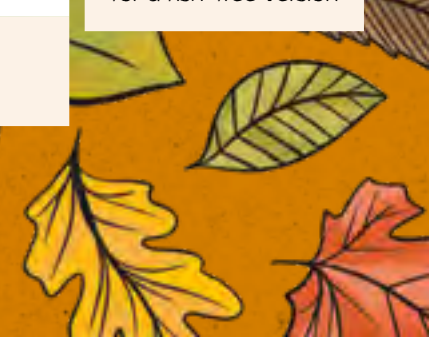
Organisation and skill: ★★★ **Cost:** £ £ £ **Equipment:** 🥄 🥄



Roast tray chooser chart

Choose one ingredient from each column to create your own tray roast. Use our weight guidelines to measure out your ingredients and find a step-by-step guide to cooking below

Onion family for flavour 1 large = approx. 200g Prep: Peel or wash and cut into chunks	Hard veg for bulk Selection weighing approx. 500g Prep: Peel or wash and cut into chunks or slices no bigger than 2cm thick	Softer veg for seasonality and colour 500g selection Prep: Wash and cut into chunky pieces or leave whole if small	Hero ingredient 400g (100g serving per person) Prep: Pat dry, rub with a little oil and season lightly or marinate for extra flavour	Seasonings and oils Approximately 2 tbsp oil and a pinch of salt Prep: Choose flavours that work well together and experiment!
Red onion	Potatoes	Peppers – red, green, orange or yellow	Chicken thighs, drumsticks or wings – skin on for crispness	Chilli sauce
Brown onion	Plantain	Aubergine	Sausages	Vegetable oil
Leeks	Sweet potatoes	Mushrooms	Lamb chops	Woody herbs like thyme, sage, rosemary, marjoram
Garlic	Carrots	Corn on the cob (cut into slices)	Pork chops	Soft herbs like chives, basil, mint, fennel
Shallots	Parsnips	Courgettes	Meat-free sausages	Spices like harissa mix, cumin, coriander, chilli flakes, smoked paprika
	Butternut squash	Tomatoes (quartered) or cherry tomatoes (whole)	Salmon steaks	Balsamic vinegar
	Swede	Asparagus	Halloumi cheese, cut into 1cm thick slices	Lemon or lime juice
	Turnips	Broccoli spears or florets	Tempeh, cut into chunks and marinated	Honey or maple syrup
	Celeriac	Brussels sprouts	Firm or extra firm tofu (press using tea towels to remove excess water), sliced and marinated	Salt and black pepper
	Mooli	Kohlrabi	Cauliflower 'steaks' – cut into 15mm thick slices	Soy sauce
	Chayote (the sap from this raw can irritate some people's skin – wear gloves to be safe!)	Dudhi	Beefsteak mushrooms	Worcestershire Sauce or Henderson's Relish for a fish-free version



How to make it



- 1 Select the combination of ingredients you'll be cooking using the guidance given in the chooser chart.
- 2 Heat oven to 200°C/180°C fan/Gas 6
- 3 Place the onion and hard vegetable ingredients on a baking tray or shallow roasting tin, drizzle with a little oil, season with salt and pepper and roast in the oven for 10 minutes to begin the softening process.



- 4 Remove the tray from the oven and mix the veg around a bit. Add the softer vegetable ingredients, hero ingredient and seasonings then drizzle with a little more olive oil.

 200°C/180°C fan/Gas 6

 30-40 mins



- 5 Return the tray to the oven and continue roasting for 20-30 minutes until everything looks cooked and the edges are going crisp.
- 6 Test the hardest vegetables for tenderness and if using meat make sure it is cooked all the way through. If it needs extra cooking, pop it back in the oven for 5 minutes and check again.
- 7 Garnish with a few more soft herbs, if you have them, serve up and enjoy.



Tried and tested combos:

1

Red onion, new potatoes, garlic, aubergine, courgettes, peppers, halloumi, olive oil, balsamic vinegar, basil leaves

2

Brown onion, leek, sweet potato, sweetcorn, cherry tomatoes, meat-free sausages, olive oil, smoked paprika, cumin seeds, chopped chives

3

Brown onion, carrots, butternut squash, red pepper, chicken thighs, olive oil, lemon juice, honey, chilli flakes, flat leaf parsley

Cooking and sharing together

This recipe is easy to scale up (just add an extra 125g per person of hard and soft veg and an extra 100g of the hero ingredient) which makes it ideal to cook for bigger groups.

Why not get a group together to plan a tray roast? This could be a fun way to try new veg and flavour combinations.

Do you grow your own veg or have access to a community garden or allotment? See what veg is available to help you choose what to cook. This is also a nice way to talk about seasonal eating and where the food we eat comes from.

Recipe hints and tips

- Tray roasts are nice served with gravy, with wraps and a yoghurt-based dip, or with rice.
- Marinades are made from a mix of oil, vinegar or citrus juice, spices and herbs. They are great for adding extra flavour to chicken, tofu and tempeh and for moistening cauliflower steaks.
- If using lamb chops or chicken with the skin on, reduce how much oil you drizzle as fat is released as it roasts.
- Stuff giant mushrooms with garlic, herbs, breadcrumbs and grated cheese and roast on top of the veg for an alternative hero ingredient.
- This recipe can be adapted for cooking in an air fryer. Refer to the guidance given in the instruction booklet with your appliance.
- **Storage:** Best eaten fresh but roasted ingredients can be cooled and stored in the fridge for up to two days and eaten cold with grains for a salad or reheated in the oven. Make sure it's hot all the way through before serving.

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