

VEGPOWER

TRAYBAKES

FIRE UP YOUR OVEN - 220C/200C fan/Gas 7

Traybakes are one of those brilliant time saving dishes where the oven does most of the hard work. If you get your timings right you end up with a delicious meal and if you double up on your veg content you'll have leftovers for another meal!

**5 simple steps...
...for the perfect
traybake!**

Select your veg: allow for approx two handfuls of veg per person and four if you're doubling up!






Chop your veg to the right size (see guide below) and toss in oil (veg or olive) and salt

Prep optional extras (chicken thighs, chickpeas, feta, etc). Lay on top of veg and sprinkle with dried herbs if using

Roast (see guide below for time suggestions). This might be all at once, or adding quick-cooking veg towards the end of the bake

Add last minute items or seasonings. Check everything is cooked then taste and adjust flavours. Add flavour and texture with fried eggs, crumbled cheese, soy sauce etc



Veg	Prep	Time	Tips!
Thin veg: spring onions, asparagus & green beans 	Trim dry ends and leave whole	15-20mins	Thicker asparagus and spring onions will cook slower than thinner ones!
Mediterranean veg: courgettes, aubergines, peppers, tomatoes 	Chop into medium (3-4cm) chunks	20-25mins	You'll need plenty of olive oil for med veg. For best flavours add garlic and a splash of balsamic vinegar towards the end
Brassicas/cruciferous veg: broccoli, cauliflower, sprouts, cabbage 	Chop into medium (3-4cm) chunks	25-30mins	Roasting cauliflower changes its flavour and texture! Give it a try to see if the kids will come round to it!
Bulbs: onions, fennel, garlic 	Chop into small 3cm wedges. Leave garlic cloves whole!	30-35mins	Keep the garlic cloves whole and before serving squeeze out the filling and mix into the veg
Root veg: beetroot, potatoes, carrots, sweet potatoes, celeriac, turnips, swede, yams 	Chop into small (2cm) chunks	45-50mins	Some roots you don't need to peel: carrots, beetroot, sweet potato and some potatoes all work with skins
Squash: butternut squash, pumpkin winter squashes 	Chop into small (2cm) chunks	45-50mins	You can keep butternut squash skin on while cooking. Squash works really well with sage and onion!

All timings are based on a oven preheated to about 220C/200C fan/gas 7 - adjust timings to suit your oven and preferences for how soft or hard your veg is!

Build your bake...

Quick and easy second meals!

By doubling up your veg you now have delicious leftovers you can quickly turn into a second meal. #LoveYourLeftovers by transforming dinner into a new meal with these tips:

Curry it! 10mins

Turn your roasted veg into a stunning curry! Just heat the tasty veg until piping hot in a saucepan with a tablespoon of oil, and stir through your favourite curry paste and some coconut milk or chopped tomatoes. If in doubt, follow the instructions on the jar. You'll get impressive results for minimum effort!



Hash it! 5mins

Heat a tablespoon of oil in a frying pan and heat through those yummy leftovers until piping hot, then stir through a gently beaten egg or two, cooking and stirring for just a minute until it's all cooked, steaming, and smells amazing!

Bulk it! 15mins

Heat the veg to piping hot for a few mins in the microwave or in a saucepan on the stove with a little oil. Follow the cooking instructions on a bag of your favourite pasta, then drain and toss through the perfect pre-prepped veg. Get fancy with some cheese, cooked meat or tinned fish and a spoonful of pasta sauce!



Mix it! 5mins

Make a salad that's as colourful as it is delicious by mixing hot or cold leftover roasted veg with your favourite salad ingredients.

Try tossing in: cooked couscous or rice, crispy salad leaves, croutons, pitted olives, crumbly cheese or crunchy nuts. Pour some dressing over and prepare to be amazed!

Blitz it! 10mins

Heat through your leftover veg in a large saucepan with a little oil until piping hot, then pour in enough hot stock or water to just cover the veg, let it simmer for 2-3 mins and blitz it all together to make a silky soup. Add lentils or tinned beans to make it more filling. Go all out by adding extra flavours like a teaspoon of curry powder or an indulgent splash of cream!



Make sure you share your delicious traybakes and how you #LoveYourLeftovers with us on social by tagging @VegPowerUK

Seasonal traybakes... make the best of your bake using tasty seasonal veg!



Spring
Asparagus
Spring greens
Peppers
Radishes
Purple
Sprouting
Broccoli

Summer

Tomatoes
Cucumber
Courgette
Aubergine
Okra
Broccoli
Peas

Autumn
Beetroot
Sweetcorn
Squash
Pumpkin
Mushrooms
Kale
Carrots
Celery

Winter

Celeriac
Parsnip
Turnips
Swede
Brussels sprouts
Sweet potatoes
Cauliflower
Savoy cabbage
Leeks

Favourite flavours!

A few ideas for easy traybake inspiration...

Spanish Style

(cooks in approx 1hr)

6 medium white potatoes
2 onions
3 peppers
handful of cherry tomatoes
2 tsp paprika
2 tsp oregano
5 cloves of garlic
approx 4 tbsp olive oil
salt & pepper
optional: chorizo
and/or chicken thighs
handful of black olives

Measurements based on serving a family of four

Med veg bake

(cooks in approx 45mins)

2 courgettes
2 peppers
1 large aubergine
2 red onions
0.5 butternut squash
6 cloves of garlic
1 tbsp dried or 4 fresh stems of rosemary
approx 4 tbsp olive oil
salt & pepper
1 tbsp balsamic vinegar
optional: feta cheese
new potatoes

Greek flavours

(cooks in approx 1hr)

5 medium white potatoes
2 brown onions
1 large aubergine
4 fresh medium tomatoes
handful of Kalamata or black olives
6 cloves of garlic
1 lemon
2 tsp dried oregano
1 block of feta or halloumi cheese
approx 4 tbsp olive or veg oil
salt & pepper
optional: 4 chicken thighs

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Find us @VegPowerUK on Pinterest
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