



# THE GREEN ROASTING TIN

**VEGAN & VEGETARIAN ONE DISH DINNERS**

**RUKMINI IYER**



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INTRODUCTION



SIDES

## VEGAN

1

QUICK

SWEET DREAMS ARE MADE OF GREENS

ALL-IN-ONE ROASTED TOMATO & BAY ORZO WITH BLACK PEPPER

RAINBOW TABBOULEH WITH AVOCADO, RADISHES & POMEGRANATE

QUICK THAI OKRA WITH OYSTER MUSHROOMS & COCONUT MILK

ROASTED RED CABBAGE WITH CRISP GARLIC CROUTONS, APPLE, RAISINS & LAMB'S LETTUCE

LUNCHBOX PASTA SALAD: QUICK-ROAST BROCCOLI WITH OLIVES, SUN-DRIED TOMATOES, BASIL & PINE NUTS  
WHOLE ROASTED CABBAGE QUARTERS WITH SICHUAN PEPPER, SESAME & MUSHROOMS  
SPICED ROASTED CARROT & BEAN CURRY  
SMOKED TOFU WITH FENNEL, PAK CHOI & PEANUT SATAY DRESSING  
CRISPY TAMARIND SPROUTS WITH PEANUTS & SHALLOTS  
LIME & CORIANDER MUSHROOMS WITH PAK CHOI & ASPARAGUS  
QUICK COOK LEEK ORZOTTO WITH ASPARAGUS, HAZELNUTS & ROCKET  
ROSEMARY ROASTED CHICORY & RADISH SALAD WITH ASPARAGUS & ORANGE

## 2

### MEDIUM

ROASTED TOMATO, RED PEPPER & ARTICHOKE PANZANELLA WITH TARRAGON & LEMON  
ALL-IN-ONE SWEET POTATO THAI CURRY  
AUBERGINE WITH TOMATOES, HARISSA & ALMONDS  
MISO AUBERGINES WITH TOFU, SESAME & CHILLI  
CRISPY GNOCCHI WITH MUSHROOMS, SQUASH & SAGE  
ROASTED CAULIFLOWER WITH CHICKPEAS, SPRING GREENS, LEMON & TAHINI  
SQUASH & SPINACH CURRY  
OKRA & CHICKPEA CURRY WITH ALMONDS  
CARROT & KALE FATTOUSH: CRISP PITTA WITH SPICED ROASTED CARROTS, KALE, DATES & LEMON

## 3

### SLOW

THREE BEAN CHILLI WITH AVOCADO SALSA  
ESCALIVADA: SLOW ROASTED PEPPERS, AUBERGINES & TOMATOES WITH A BASIL & ALMOND DRESSING  
WHOLE ROASTED CAULIFLOWER WITH RAS EL HANOUT, PEARL BARLEY & POMEGRANATE

ALL-IN-ONE KALE & BORLOTTI MINISTRONE WITH  
DITALINI, CHILLI OIL & PINE NUTS  
GADO GADO: INDONESIAN SALAD WITH WARM  
POTATOES, GREEN BEANS, BEANSPROUTS & PEANUT-  
COCONUT DRESSING  
OVEN BAKED RATATOUILLE: SLOW COOKED COURGETTE,  
AUBERGINE, PEPPERS & TOMATOES  
SWEET POTATO & PARSNIP TAGINE WITH DATES &  
CORIANDER  
PERSIAN MUSHROOMS WITH POMEGRANATE & WALNUTS  
GROUNDNUT STEW: SWEET POTATO IN A PEANUT &  
TOMATO SAUCE  
GENTLY SPICED PEARL BARLEY WITH TOMATOES, LEEKS,  
DILL & PINE NUTS  
BEETROOT, CHICKPEA & COCONUT CURRY  
ALL-IN-ONE STICKY RICE WITH BROCCOLI, SQUASH,  
CHILLI & GINGER  
WARMING SWEET POTATO & MUSHROOM POLENTA WITH  
TOMATOES  
SIMPLE ALL-IN-ONE DAAL WITH ROASTED SHALLOTS,  
CORIANDER, POMEGRANATE & CASHEWS  
CAPONATA STYLE AUBERGINES WITH OLIVES, CAPERS &  
TOMATOES



## INFOGRAPHICS

- 1 | WARM SALADS
- 2 | ALL-IN-ONE STEWS | TAGINES | CURRIES
- 3 | TARTS & GRATINS
- 4 | SUPERGRAIN TRAY

## VEGETARIAN

# 4

## QUICK

THE MOST INDULGENT QUICK COOK QUICHE: BROCCOLI,  
GORGONZOLA, CHILLI & WALNUT  
GREEN MACHINE: ROASTED GREENS WITH RAS EL  
HANOUT, BULGUR WHEAT & RICOTTA  
CREOLE SPICED LEEK & MUSHROOM TART  
CRISPY KALE & BULGUR WHEAT SALAD WITH  
POMEGRANATES, PRESERVED LEMON, GOAT'S CHEESE &  
ALMONDS  
COURGETTE, ASPARAGUS & GOAT'S CHEESE TART  
SPICY HARISSA SPROUTS & BROCCOLI WITH HALLOUMI,  
SPINACH & COUS COUS  
BAKED EGGS WITH BEETROOT, CELERIAC, DILL & FETA  
FAJITA SPICED MUSHROOMS & PEPPERS WITH STILTON &  
SOUR CREAM  
SQUASH & GORGONZOLA TART WITH FIGS & PECANS  
CRISPY GNOCCHI WITH ROASTED PEPPERS, CHILLI,  
ROSEMARY, & RICOTTA  
STORECUPBOARD PASTA BAKE: CRISPY RED PEPPER &  
CANNELLINI BEANS WITH GORGONZOLA  
QUICK CHEESE & ONION TART  
QUICK ROASTED FENNEL & BULGUR WHEAT WITH  
MOZZARELLA, FIGS, POMEGRANATE & DILL  
CRISP CAULIFLOWER STEAKS WITH HARISSA & GOAT'S  
CHEESE

## 5

### MEDIUM

OVEN BAKED SHAKSHUKA: ROASTED PEPPERS, TOMATOES  
& CHILLI WITH EGGS  
CARROT & TALEGGIO TARTE TATIN  
MEDITERRANEAN COURGETTES ROASTED WITH OLIVES,  
FETA & TOMATOES  
WATERCRESS & PARSNIP PANZANELLA WITH  
GORGONZOLA, HONEY & RADISHES  
LEEK & PUY LENTIL GRATIN WITH A CRUNCHY FETA  
TOPPING

HONEY ROASTED ROOT VEGETABLE SALAD WITH BLUE  
CHEESE & SPINACH  
WENSLEYDALE, PARSNIP & CARROT TART WITH  
ROSEMARY  
CANNELLINI BEAN FALAFEL WITH POTATO WEDGES,  
SPINACH & POMEGRANATE  
HERBY ROASTED PEPPERS STUFFED WITH ARTICHOKE,  
OLIVES & FETA  
STUFFED ROASTED FENNEL & MUSHROOMS WITH  
GRUYERE  
RED WINE MUSHROOM CASSEROLE WITH A CHEESE  
COBBLER TOPPING  
CRISPY SPROUT & ARTICHOKE GRATIN WITH LEMON &  
BLUE CHEESE  
CHIPOTLE ROASTED SWEETCORN WITH SQUASH, BLACK  
BEANS, FETA & LIME

## 6

### SLOW

WHOLE STUFFED MINI PUMPKINS WITH SAGE & GOAT'S  
CHEESE  
AUBERGINE & FENNEL GRATIN WITH GOAT'S CHEESE &  
WALNUTS  
HASSELBACK SQUASH WITH ROASTED ONIONS, LEEKS &  
FETA  
ALL-IN-ONE JEWELLED PEARL BARLEY WITH SQUASH,  
POMEGRANATE, WATERCRESS & FETA  
BASIL & THYME ROASTED ONIONS WITH SQUASH, GOAT'S  
CHEESE & WALNUTS  
RICH POTATO & MUSHROOM GRATIN WITH CREAM &  
REBLOCHON  
SWEET POTATOES WITH TALEGGIO, ONIONS & BASIL  
HERB STUFFED ROASTED ONIONS WITH CHERRY  
TOMATOES & CANNELLINI BEANS  
LUX WARM WINTER SALAD: ROASTED POTATOES &  
CELERIAC WITH TRUFFLE, PARMESAN & SOFT-BOILED

EGGS  
BUTTER ROASTED HARISSA LEEKS & BEETROOT WITH  
BULGUR WHEAT & FETA  
CRUNCHY ROAST POTATO, ARTICHOKE & SPRING GREEN  
HASH WITH BAKED EGGS



RECIPE PAIRINGS

ACKNOWLEDGEMENTS

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# LIST OF RECIPES

ALL-IN-ONE JEWELLED PEARL BARLEY WITH SQUASH,  
POMEGRANATE, WATERCRESS & FETA  
ALL-IN-ONE KALE & BORLOTTI MINISTRONE WITH DITALINI,  
CHILLI OIL & PINE NUTS  
ALL-IN-ONE ROASTED TOMATO & BAY ORZO WITH BLACK PEPPER  
ALL-IN-ONE STICKY RICE WITH BROCCOLI, SQUASH, CHILLI &  
GINGER  
ALL-IN-ONE SWEET POTATO THAI CURRY  
AUBERGINE & FENNEL GRATIN WITH GOAT'S CHEESE & WALNUTS  
AUBERGINE WITH TOMATOES, HARISSA & ALMONDS

BAKED EGGS WITH BEETROOT, CELERIAC, DILL & FETA  
BASIL & THYME ROASTED ONIONS WITH SQUASH, GOAT'S  
CHEESE & WALNUTS  
BEETROOT, CHICKPEA & COCONUT CURRY  
BUTTER ROASTED HARISSA LEEKS & BEETROOT WITH BULGUR  
WHEAT & FETA

CANNELLINI BEAN FALAFEL WITH POTATO WEDGES, SPINACH &  
POMEGRANATE  
CAPONATA STYLE AUBERGINES WITH OLIVES, CAPERS &  
TOMATOES  
CARROT & KALE FATTOUSH: CRISP PITTA WITH SPICED ROASTED  
CARROTS, KALE, DATES & LEMON  
CARROT & TALEGGIO TARTE TATIN  
CHIPOTLE ROASTED SWEETCORN WITH SQUASH, BLACK BEANS,  
FETA & LIME  
COURGETTE, ASPARAGUS & GOAT'S CHEESE TART  
CREOLE SPICED LEEK & MUSHROOM TART  
CRISP CAULIFLOWER STEAKS WITH HARISSA & GOAT'S CHEESE  
CRISPY GNOCCHI WITH MUSHROOMS, SQUASH & SAGE

CRISPY GNOCCHI WITH ROASTED PEPPERS, CHILLI, ROSEMARY, & RICOTTA

CRISPY KALE & BULGUR WHEAT SALAD WITH POMEGRANATES, PRESERVED LEMON, GOAT'S CHEESE & ALMONDS

CRISPY SPROUT & ARTICHOKE GRATIN WITH LEMON & BLUE CHEESE

CRISPY TAMARIND SPROUTS WITH PEANUTS & SHALLOTS

CRUNCHY ROAST POTATO, ARTICHOKE & SPRING GREEN HASH WITH BAKED EGGS

ESCALIVADA: SLOW ROASTED PEPPERS, AUBERGINES & TOMATOES WITH A BASIL & ALMOND DRESSING

FAJITA SPICED MUSHROOMS & PEPPERS WITH STILTON & SOUR CREAM

GADO GADO: INDONESIAN SALAD WITH WARM POTATOES, GREEN BEANS, BEANSPROUTS & PEANUT-COCONUT DRESSING  
GENTLY SPICED PEARL BARLEY WITH TOMATOES, LEEKS, DILL & PINE NUTS

GREEN MACHINE: ROASTED GREENS WITH RAS EL HANOUT, BULGUR WHEAT & RICOTTA

GROUNDNUT STEW: SWEET POTATO IN A PEANUT & TOMATO SAUCE

HASSELBACK SQUASH WITH ROASTED ONIONS, LEEKS & FETA  
HERB STUFFED ROASTED ONIONS WITH CHERRY TOMATOES & CANNELLINI BEANS

HERBY ROASTED PEPPERS STUFFED WITH ARTICHOKE, OLIVES & FETA

HONEY ROASTED ROOT VEGETABLE SALAD WITH BLUE CHEESE & SPINACH

LEEK & PUY LENTIL GRATIN WITH A CRUNCHY FETA TOPPING

LIME & CORIANDER MUSHROOMS WITH PAK CHOI & ASPARAGUS

LUNCHBOX PASTA SALAD: QUICK-ROAST BROCCOLI WITH OLIVES, SUN-DRIED TOMATOES, BASIL & PINE NUTS  
LUX WARM WINTER SALAD: ROASTED POTATOES & CELERIAC WITH TRUFFLE, PARMESAN & SOFT-BOILED EGGS

MEDITERRANEAN COURGETTES ROASTED WITH OLIVES, FETA & TOMATOES  
MISO AUBERGINES WITH TOFU, SESAME & CHILLI

OKRA & CHICKPEA CURRY WITH ALMONDS  
OVEN BAKED RATATOUILLE: SLOW COOKED COURGETTE, AUBERGINE, PEPPERS & TOMATOES  
OVEN BAKED SHAKSHUKA: ROASTED PEPPERS, TOMATOES & CHILLI WITH EGGS

PERSIAN MUSHROOMS WITH POMEGRANATE & WALNUTS

QUICK CHEESE & ONION TART  
QUICK COOK LEEK ORZOTTO WITH ASPARAGUS, HAZELNUTS & ROCKET  
QUICK ROASTED FENNEL & BULGUR WHEAT WITH MOZZARELLA, FIGS, POMEGRANATE & DILL  
QUICK THAI OKRA WITH OYSTER MUSHROOMS & COCONUT MILK

RAINBOW TABBOULEH WITH AVOCADO, RADISHES & POMEGRANATE  
RED WINE MUSHROOM CASSEROLE WITH A CHEESE COBBLER TOPPING  
RICH POTATO & MUSHROOM GRATIN WITH CREAM & REBLOCHON  
ROASTED CAULIFLOWER WITH CHICKPEAS, SPRING GREENS, LEMON & TAHINI  
ROASTED RED CABBAGE WITH CRISP GARLIC CROUTONS, APPLE, RAISINS & LAMB'S LETTUCE

ROASTED TOMATO, RED PEPPER & ARTICHOKE PANZANELLA  
WITH TARRAGON & LEMON  
ROSEMARY ROASTED CHICORY & RADISH SALAD WITH  
ASPARAGUS & ORANGE

SIMPLE ALL-IN-ONE DAAL WITH ROASTED SHALLOTS,  
CORIANDER, POMEGRANATE & CASHEWS  
SMOKED TOFU WITH FENNEL, PAK CHOI & PEANUT SATAY  
DRESSING  
SPICED ROASTED CARROT & BEAN CURRY  
SPICY HARISSA SPROUTS & BROCCOLI WITH HALLOUMI, SPINACH  
& COUS COUS  
SQUASH & GORGONZOLA TART WITH FIGS & PECANS  
SQUASH & SPINACH CURRY  
STORECUPBOARD PASTA BAKE: CRISPY RED PEPPER &  
CANNELLINI BEANS WITH GORGONZOLA  
STUFFED ROASTED FENNEL & MUSHROOMS WITH GRUYERE  
SWEET DREAMS ARE MADE OF GREENS  
SWEET POTATO & PARSNIP TAGINE WITH DATES & CORIANDER  
SWEET POTATOES WITH TALEGGIO, ONIONS & BASIL

THE MOST INDULGENT QUICK COOK QUICHE: BROCCOLI,  
GORGONZOLA, CHILLI & WALNUT  
THREE BEAN CHILLI WITH AVOCADO SALSA

WARMING SWEET POTATO & MUSHROOM POLENTA WITH  
TOMATOES  
WATERCRESS & PARSNIP PANZANELLA WITH GORGONZOLA,  
HONEY & RADISHES  
WENSLEYDALE, PARSNIP & CARROT TART WITH ROSEMARY  
WHOLE ROASTED CABBAGE QUARTERS WITH SICHUAN PEPPER,  
SESAME & MUSHROOMS  
WHOLE ROASTED CAULIFLOWER WITH RAS EL HANOUT, PEARL  
BARLEY & POMEGRANATE  
WHOLE STUFFED MINI PUMPKINS WITH SAGE & GOAT'S CHEESE



# ABOUT THE BOOK

Seventy-five one-tin recipes: half vegan, half vegetarian, all delicious.

With all seventy-five recipes in this book, you simply pop your ingredients in a tin and let the oven do the work.

From flexitarians to families, this book is for anyone who wants to eat easy veg-based meals that fit around their busy lives.

## ABOUT THE AUTHOR



Rukmini is a food stylist and author of the bestselling cookbook *The Roasting Tin*. She loves creating new recipes and working on food photo shoots. When she's not styling, cooking or entertaining, she can usually be found reading by the riverside, filling her balcony and flat with more plants than they can hold, and planning her dream kitchen garden complete with pet chickens.

FOR ROSS



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# INTRODUCTION

This book is divided into two parts, half vegan, half vegetarian. Each chapter is organised by speed, depending on whether you want dinner in 30 minutes, up to 45 minutes, or an hour – so there's something for busy weeknights, as well as lazy weekend cooking. And if you want more inspiration after trying some of the recipes, the infographics in the centre of the ebook ([here](#)) are designed to help you build your own tin.

I was brought up in a vegetarian household – often vegan, as southern Indian food tends to be. Other than pizza night, my mother rarely failed to put at least three different types of dish on the table – whether it was rice, spiced potatoes and aubergines, sambhar, carrots and beans in mustard seeds and a peppery tomato rasam, or home-made mushroom quiche, roasted vegetables and a Caprese salad. Given that she worked full-time as a GP, I have no idea how she managed, unless I'm sublimating the memory of a lot of potato waffles and buttery macaroni with grated cheddar (still up there on my list of favourite dinners). Food for dinner parties or birthdays was even better – home-made paneer, blitzed with spices, then formed into koftas, deep-fried and cooked in a rich Mughal tomato and cream sauce, tiny stuffed aubergines, cauliflower cooked with ginger and chilli, and my favourite, pulao rice with cashews and saffron.