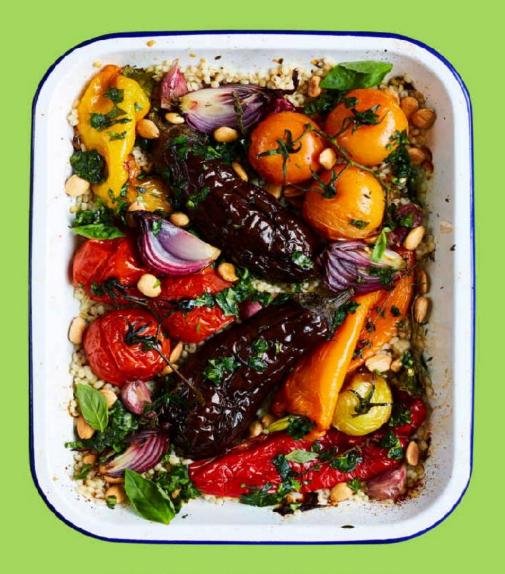


THE GREEN ROASTING TIN

VEGAN & VEGETARIAN ONE DISH DINNERS

RUKMINI IYER



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DEDICATION

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- INTRODUCTION
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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 MINESTRONE 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,
CHILL & 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 ARTICHOKES, 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 & FFTA

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 MINESTRONE 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
WHFAT & FFTA

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, BUI GUR WHFAT & 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 ARTICHOKES, 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

RAINBOW TABBOULEH WITH AVOCADO, RADISHES & POMEGRANATE

MILK

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

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

SWEET POTATOES WITH TALEGGIO, ONIONS & BASIL

WARMING SWEET POTATO & MUSHROOM POLENTA WITH TOMATOFS

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

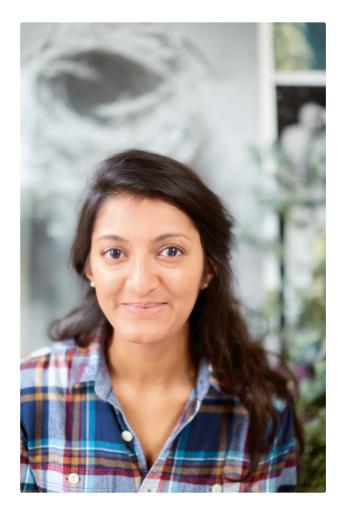
ABOUT THE BOOK

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

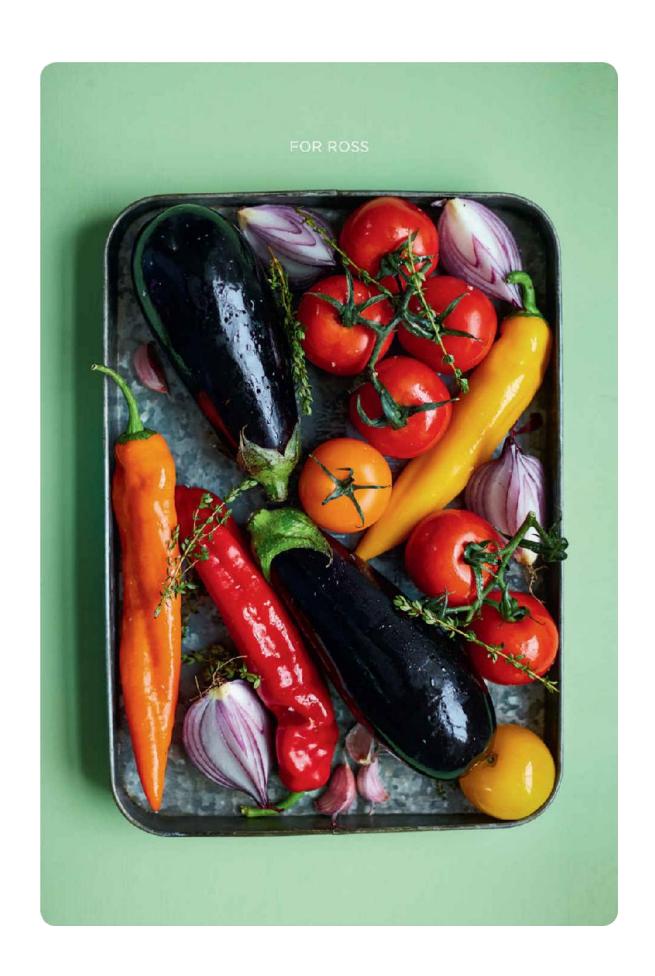
With all seventy-five recipes in this book, you simply pop your ingredients in a tin and let the oven do the work.

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 bestelling 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.



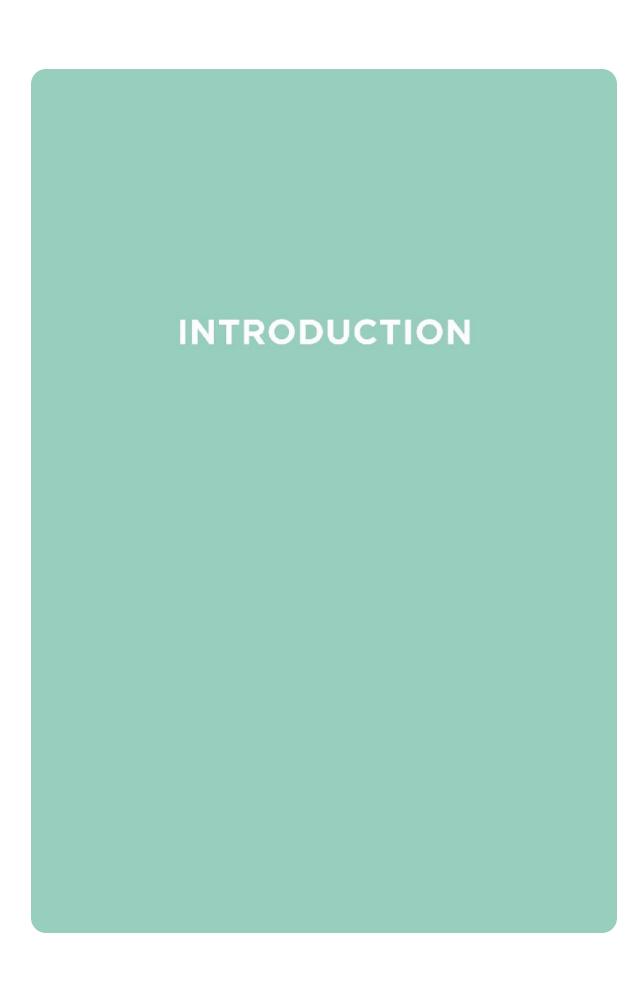
THE GREEN ROASTING TIN

VEGAN & VEGETARIAN ONE DISH DINNERS

RUKMINI IYER







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.