



THE ROASTING TIN

SIMPLE ONE DISH DINNERS

RUKMINI IYER

CONTENTS

[Cover](#)

[List of Recipes](#)

[About the Book](#)

[About the Author](#)

[Dedication](#)

[Title Page](#)

[» INTRODUCTION](#)

[1 FISH DISHES](#)

[Lime & Ginger Grilled Prawns With Oriental Mushrooms & Coriander](#)

[Crispy Olive & Pine Nut Crusted Cod With Roasted Red Onions & Cherry.](#)

[Tomatoes](#)

[Herb–Stuffed Trout With Roast Sweet Potatoes & Onions](#)

[Steam–Roasted Salmon & Broccoli With Lime, Ginger, Garlic & Chilli](#)

[Mackerel & Rhubarb](#)

[Sardines With Paprika Roasted Peppers, Tomatoes, Chillies & Almonds](#)

[2 ROAST CHICKEN TRAYBAKES](#)

[Roast Chicken with Fennel, Lemon, Shallots, Garlic & Mustard Mayo](#)

[Simple Roast Chicken & Red Pepper Traybake](#)

[Roast Chicken, Squash & Red Onion with Lemon & Rosemary.](#)

Spicy Chipotle Chicken Wings with Sweet Potato Wedges, Coriander & Lime Yogurt

Oven-roast Coq au Vin

Chicken with Chorizo, Chickpeas & Tomatoes

3 VEGGIE FEASTS

Paprika Roasted Sweetcorn with Spring Onions, Feta & Lime

Beetroot, Dill & Gorgonzola Tart with Capers & Walnuts

French Tomato & Mustard Tart with Tarragon

Roasted Aubergines with Mozzarella, Chilli, Lemon & Flat-leaf Parsley

Spiced Roast Cauliflower, Sweet Potato & Okra with Yogurt & Almonds

Sage Roasted Butternut Squash & Mushrooms with Feta & Tomatoes

Summery Roasted Courgettes, Aubergines & Tomatoes with Feta & Pine Nuts

Oven-baked Asparagus & Parmesan Frittata

Ras el Hanout Slow-roasted Mushrooms with Pine Nuts, Halloumi & Flat-leaf Parsley

4 QUICK & SLOW ROASTS

Flash-grilled Spiced Steak with Peppers, Chillies & Onions

Chargrilled Lamb on Flatbreads with Pine Nuts, Raisins & Goat's Cheese

Five-spice Pork Chops with Roasted Sweet Potatoes, Ginger & Garlic

[Smoky Sausage, Sweet Potato & Red Onion Traybake](#)

[Lemon and Rosemary Steak with Garlic Roasted Potatoes & Onions](#)

[Slow-Cooked Brisket with Chimichurri](#)

[Filipino-Style Garlic Pork Pot Roast](#)

[Slow-cooked Leg of Lamb with Harissa, Roasted Aubergines & Tomatoes](#)

[Tarragon Roast Chicken with Potatoes, Onions & Garlic](#)

[5 RICE & PASTA](#)

[Miso Roast Salmon with Mushrooms, Pak Choi & Jasmine Rice](#)

[Sea Bass, Asparagus & Spring Onions with Jasmine Rice & a Ginger,](#)

[Lime & Soy Dressing](#)

[Avocado & Chicken Salad with Pomegranates & Brown Rice](#)

[Wild Rice Winter Salad with Roasted Brussels Sprouts, Pancetta, Feta &](#)

[Sunflower Seeds](#)

[Sesame & Ginger Meatballs with Pak Choi, Chilli & Red Rice](#)

[Five-Spice Duck with Wild Rice, Kale & Ginger](#)

[Spiced Roast Aubergines & Potatoes with Coconut Basmati Rice, Yogurt](#)

[& Coriander](#)

[Oven-cooked Beetroot Risotto](#)

[Orzo with Chilli & Garlic Roasted Broccoli, Lemon, Parmesan & Walnuts](#)

[Crispy Baked Gnocchi with Tomatoes, Basil, Mozzarella & Pine Nuts](#)

[Baked Egg Pasta Florentine](#)

[Rigatoni al Forno with Pancetta, Artichokes, Crème fraîche & Parmesan](#)

[Fennel, Sausage & Cannellini Beans with Tomatoes & Conchigliette](#)

[Goat's Cheese, Red Pepper, Mushroom & Pesto Fusilli Traybake](#)

[6 SUPERGRAINS](#)

[Super-simple Salmon à la Pesto with Giant Cous Cous, Watercress &](#)

[Lemon](#)

[Roasted Mushrooms with Artichokes, Basil & Giant Cous Cous](#)

[Bulgur Wheat with Roasted Red Peppers, Tomatoes, Feta & Pine Nuts](#)

[Fresh Tuna, Spring Onions, Mango & Coriander with Quinoa](#)

[Cauliflower & Broccoli & Goat's Cheese Hazelnut Crumble](#)

[Honey-Roasted Carrots & Parsnips with Quinoa & Rocket](#)

[Roast Lamb with Apricots, Pistachios, Mint & Pearl Barley](#)

[Roasted Aubergine with Squash, Halloumi, Mint & Bulgur Wheat](#)

[Spelt with Chorizo, Sweet Potato, Red Onion & Spinach](#)

[7 ROASTED FRUIT](#)

[Amaretti Roasted Nectarines](#)

[Honey-Roasted Figs with Raspberries & Rose](#)

[Date & walnut Cinnamon Stuffed Roasted Apples](#)

[Roasted Apricots with Lavender & Rosewater Crème Fraîche](#)

[Spiced Pears with Almond Chocolate Crème Fraîche](#)

[Roasted Pineapple with Chilli Syrup](#)

[Fruit Plus](#)

[Sticky Date, Treacle & Coconut Tart](#)

[Plum & Rosemary Puff Tart](#)

[Fig & Frangipane Tart](#)

[Orange-Scented Peach Cobbler](#)

[Rhubarb & Ginger Oat Crumble](#)

[Chocolate Apple Brioche Pudding](#)

[Mango & Coconut Rice Pudding](#)

[8 CAKES & OATS](#)

[Super-simple Plain Sponge](#)

[Chocolate & Pistachio](#)

[Jam & Coconut](#)

[Blueberry & buttercream](#)

[Coconut, Raspberry & chocolate cake](#)

[Strawberry Almond Cake](#)

[Steamed Chocolate Cardamom Puddings](#)

[Steamed Orange & Chocolate Chip Puddings](#)

[Retro-fantastic Pineapple Upside Down Cake](#)

[Storecupboard Flapjacks](#)

[Chocolate, Raspberry & Hazelnut Flapjacks](#)

[Coconut, Apple & Cinnamon Breakfast Flapjacks](#)

[Acknowledgement](#)

[Copyright](#)



List of Recipes

[Amaretti Roasted Nectarines](#)

[Avocado & Chicken Salad with Pomegranates & Brown Rice](#)

[Baked Egg Pasta Florentine](#)

[Beetroot, Dill & Gorgonzola Tart with Capers & Walnuts](#)

[Blueberry & buttercream](#)

[Bulgur Wheat with Roasted Red Peppers, Tomatoes, Feta & Pine Nuts](#)

[Cauliflower & Broccoli & Goat's Cheese Hazelnut Crumble](#)

[Chargrilled Lamb on Flatbreads with Pine Nuts, Raisins & Goat's Cheese](#)

[Chicken with Chorizo, Chickpeas & Tomatoes](#)

[Chocolate & Pistachio](#)

[Chocolate Apple Brioche Pudding](#)

[Chocolate, Raspberry & Hazelnut Flapjacks](#)

[Coconut, Apple & Cinnamon Breakfast Flapjacks](#)

[Coconut, Raspberry & chocolate cake](#)

[Crispy Baked Gnocchi with Tomatoes, Basil, Mozzarella & Pine Nuts](#)

[Crispy Olive & Pine Nut Crusted Cod with Roasted Red Onions & Cherry.](#)

[Tomatoes](#)

[Date & walnut Cinnamon Stuffed Roasted Apples](#)

[Fennel, Sausage & Cannellini Beans with Tomatoes & Conchigliette](#)

[Fig & Frangipane Tart](#)

[Filipino-Style Garlic Pork Pot Roast](#)

[Five-Spice Duck with Wild Rice, Kale & Ginger](#)

[Five-spice Pork Chops with Roasted Sweet Potatoes, Ginger & Garlic](#)

[Flash-grilled Spiced Steak with Peppers, Chillies & Onions](#)

[French Tomato & Mustard Tart with Tarragon](#)

[Fresh Tuna, Spring Onions, Mango & Coriander with Quinoa](#)

[Goat's Cheese, Red Pepper, Mushroom & Pesto Fusilli Traybake](#)

[Herb-Stuffed Trout With Roast Sweet Potatoes & Onions](#)

[Honey-Roasted Carrots & Parsnips with Quinoa & Rocket](#)

[Honey-Roasted Figs with Raspberries & Rose](#)

[Jam & Coconut](#)

[Lemon and Rosemary Steak with Garlic Roasted Potatoes & Onions](#)

[Lime & Ginger Grilled Prawns with Oriental Mushrooms & Coriander](#)

[Mackerel & Rhubarb](#)

[Mango & Coconut Rice Pudding](#)

[Miso Roast Salmon with Mushrooms, Pak Choi & Jasmine Rice](#)

[Orange-Scented Peach Cobbler](#)

[Orzo with Chilli & Garlic Roasted Broccoli, Lemon, Parmesan & Walnuts](#)

[Oven-baked Asparagus & Parmesan Frittata](#)

[Oven-cooked Beetroot Risotto](#)

[Oven-roast Coq au Vin](#)

[Paprika Roasted Sweetcorn with Spring Onions, Feta & Lime](#)

[Plum & Rosemary Puff Tart](#)

[Ras el Hanout Slow-roasted Mushrooms with Pine Nuts, Halloumi & Flat-leaf Parsley](#)

[Retro-fantastic Pineapple Upside Down Cake](#)

[Rhubarb & Ginger Oat Crumble](#)

[Rigatoni al Forno with Pancetta, Artichokes, Crème fraîche & Parmesan](#)

[Roast Chicken with Fennel, Lemon, Shallots, Garlic & Mustard Mayo](#)

[Roast Chicken, Squash & Red Onion with Lemon & Rosemary](#)

[Roast Lamb with Apricots, Pistachios, Mint & Pearl Barley](#)

[Roasted Apricots with Lavender & Rosewater Crème Fraîche](#)

[Roasted Aubergine with Squash, Halloumi, Mint & Bulgur Wheat](#)

[Roasted Aubergines with Mozzarella, Chilli, Lemon & Flat-leaf Parsley](#)

[Roasted Mushrooms with Artichokes, Basil & Giant Cous Cous](#)

[Roasted Pineapple with Chilli Syrup](#)

[Sage Roasted Butternut Squash & Mushrooms with Feta & Tomatoes](#)

[Sardines With Paprika Roasted Peppers, Tomatoes, Chillies & Almonds](#)

[Sea Bass, Asparagus & Spring Onions with Jasmine Rice & a Ginger, Lime](#)

& Soy Dressing

Sesame & Ginger Meatballs with Pak Choi, Chilli & Red Rice

Simple Roast Chicken & Red Pepper Traybake

Slow-Cooked Brisket with Chimichurri

Slow-cooked Leg of Lamb with Harissa, Roasted Aubergines & Tomatoes

Smoky Sausage, Sweet Potato & Red Onion Traybake

Spelt with Chorizo, Sweet Potato, Red Onion & Spinach

Spiced Pears with Almond Chocolate Crème Fraîche

Spiced Roast Aubergines & Potatoes with Coconut Basmati Rice, Yogurt & Coriander

Spiced Roast Cauliflower, Sweet Potato & Okra with Yogurt & Almonds

Spicy Chipotle Chicken Wings with Sweet Potato Wedges, Coriander & Lime Yogurt

Steamed Chocolate Cardamom Puddings

Steamed Orange & Chocolate Chip Puddings

Steam-Roasted Salmon & Broccoli With Lime, Ginger, Garlic & Chilli

Sticky Date, Treacle & Coconut Tart

Storecupboard Flapjacks

Strawberry Almond Cake

Summery Roasted Courgettes, Aubergines & Tomatoes with Feta & Pine

[Nuts](#)

[Super-simple Plain Sponge](#)

[Super-simple Salmon à la Pesto with Giant Cous Cous, Watercress & Lemon](#)

[Tarragon Roast Chicken with Potatoes, Onions & Garlic](#)

[Wild Rice Winter Salad with Roasted Brussels Sprouts, Pancetta, Feta &](#)

[Sunflower Seeds](#)

ABOUT THE BOOK

The Roasting Tin is a deliciously simple concept: fresh, easy ingredients, five minutes prep, and let the oven do the work.

Like one-pot dinners but using the oven rather than the hob, this is

convenience cooking without scrimping on flavour or health. It is for anyone who:

- wants to eat quick, tasty and interesting dinners, with little more effort than opening a ready-meal.
- wants to eat nutritious food made from scratch that fits around their busy lives.
- does not like washing up!

From chicken traybakes to supergrains to puddings, these one-dish recipes

cover the gamut of delicious dinners. And once you have mastered the

concept there are handy infographics for each chapter so you can create your own recipes. From chipotle chicken with sweet potato wedges, coriander and

lime yoghurt to salmon à la pesto with giant couscous, watercress and lemon, these recipes are quick, clever and incredibly delicious.



ABOUT THE AUTHOR

Rukmini is a food stylist and food writer, formerly a lawyer. She loves creating new recipes and making food look beautiful for shoots, and when she's not styling, cooking or entertaining, she can usually be found reading by the riverside, or filling her balcony with more plants than it can hold.

FOR PARVATI, VIJAY & PADMINI



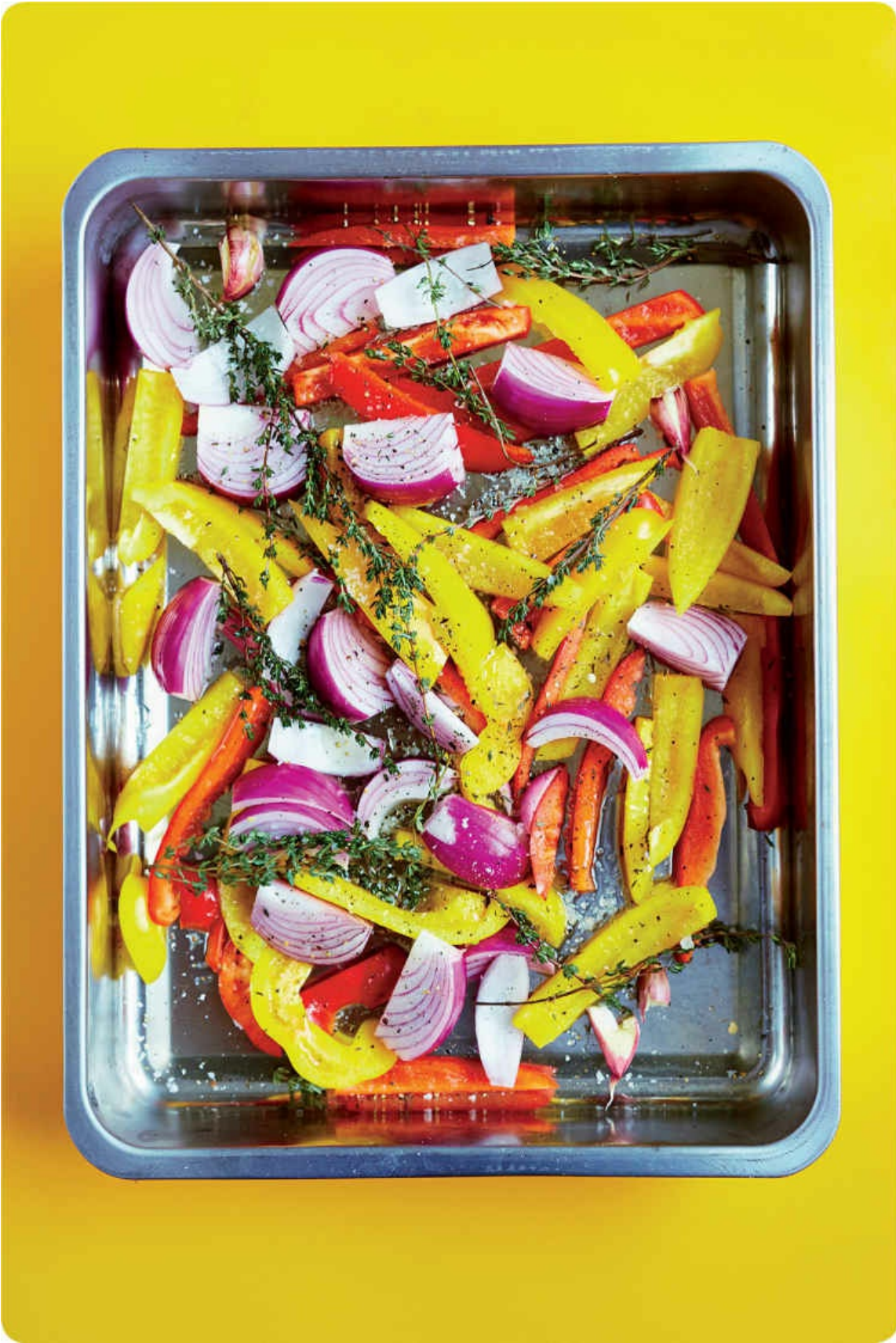
THE ROASTING TIN

SIMPLE ONE DISH DINNERS

RUKMINI IYER



INTRODUCTION



This is not a conventional cookbook – in that once you’ve tried a few recipes and are happy with the principle (stick everything in a roasting tin, pop the tin in the oven, eat), you can, and indeed should, use the infographics in the chapter openers to create any number of your own recipes, filleting useful information like oven timings and temperatures from the charts at the beginning of each chapter. In the mood for salmon with roasted red peppers, onions and thyme rather than chicken? Swap them, and borrow the oven temperature and timings as needed. Got vine tomatoes staring at you reproachfully from the fruit bowl? Stick them in, and let them get gloriously blistered with everything else.

Use roasting tins, lasagne dishes (glass, ceramic) or shallow casserole pans – anything ovenproof will do. And for recipes that feed a crowd, like the smoky roast bonfire night sausages and sweet potatoes ([here](#)), consider using the very large metal roasting tray that comes fitted as standard in most ovens.

The recipes in each chapter are organised by speed – towards the beginning of each you’ll find recipes that roast in under 30 minutes, progressing to trays that you can leave in the oven for an hour or so. A few, designed for lazy

weekend lunches, will sit happily for three hours after minimal prep, like the harissa lamb ([here](#)) or Filipino slow-roast pork ([here](#)).

Most recipes will serve four, and any leftovers make for really superior next day lunches. The orzo with broccoli ([here](#)), avocado chicken with rice ([here](#)) or spelt with chorizo ([here](#)) are particularly good if you plan to induce lunchbox envy among your colleagues.

While the design of the book is to cook everything in the same tin, which

works particularly well in the grains chapter with pearl barley, spelt or couscous, if it is significantly quicker to stick a pan of boiling water on for

accompanying carbs (rice or pasta), then I have suggested that instead. The

timings in the recipes are such that your traybake and low-effort pan will be finished at the same time – always preferable.

The nicest thing about traybakes is that they are both versatile and forgiving.

They require the barest minimum in terms of effort – a little light chopping to start, tasting and adjusting the salt or lemon juice at the end – and, most

importantly they leave you free to do something else while dinner looks after itself – have a bath, help the children with their homework, or, my preferred option, flop on the sofa with a glass of wine, reading Nora Ephron on crisp

potatoes and true love. (Ideally with crisp potatoes ticking over in the oven.)





THE STORE CUPBOARD

A well-stocked store cupboard allows you to transform staple fresh ingredients – chicken, fish, vegetables – into something different and interesting with each traybake. Have the following on hand:

QUICK-FIX FLAVOUR ESSENTIALS

SHARP: Keep small pots of strong Dijon mustard, olive tapenade, fresh or jarred pesto and rose harissa on standby in the fridge to dress even the simplest traybake.

SWEET: Root vegetables, chicken and sausages all benefit from the

judicious use of sweetness, alongside other flavours – try honey, maple syrup or agave – they all combine well with mustard or spices.

SAVOURY: You don't have to get fussy with the type of salt that you use – this book calls for flaked sea salt from preference, but by all means use fine ground if you prefer.

CRUNCH

Texture is all-important for a traybake, as it is for any dish – keep whole almonds, hazelnuts, pistachios and pine nuts in the fridge, and a couple of packets of panko breadcrumbs in the cupboard as a quick topping for fish or vegetable dishes.

SPICES

Add instant interest and can be combined in endless variations. Keep a mix of the classics – ground cumin, coriander, fennel seeds and smoked paprika alongside the now popular and easily available sumac, ras el hanout and za'atar.

OIL

The key to a successful roasting tray – olive oil will do for almost anything, try toasted sesame for Asian dishes, or coconut if you are that way inclined.

Lots of people aren't – it's fine.

FRESH

You are always going to need red and white onions and garlic, so keep them in the cupboard, and ginger in the fridge. Lemons and limes are an essential standby for sharpness and interest, either as zest or juice – and you'll often

find a squeeze of lemon juice a more effective seasoning than an extra pinch of salt.







FISH DISHES

QUICK, FRESH AND NUTRITIOUS, OVEN-COOKED FISH WORKS WITH A VARIETY OF FLAVOURS, VEGETABLES AND TOPPINGS.