

THE **QUICK** ROASTING TIN

30 MINUTE ONE DISH DINNERS

RUKMINI IYER

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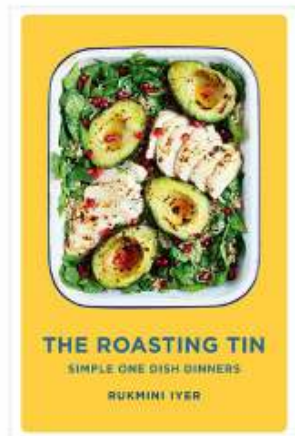
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ABOUT THE AUTHOR

Rukmini is a food stylist and author of the bestselling cookbooks *The Roasting Tin* and *The Green Roasting Tin*. When she's not styling, cooking or entertaining, she can usually be found reading by the riverside and filling her balcony and flat with more plants than they can hold. She is currently researching her next cookbook.

THE ROASTING TIN SERIES



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INTRODUCTION



As a food stylist, I'm surrounded by food on photo shoots all day, ranging from the simplest of salads and pastas to the most complicated dishes, like one chef's interpretation of a roast dinner involving six-hour confit of the bird's legs, a stock from the bones, and a brine for the crown involving six different types of peppercorn. And that's before the four deconstructed side dishes. But from my experience around all of these different types of food and working in the food industry, I have found that come lunchtime, when we stop to try the dishes from the morning, it's the simplest things that people enjoy the most. It's those dishes that people want the recipe for, and that I'll make at home on the weekend. I am therefore a signed-up advocate for simple food.

In accordance with this, more often than not, I turn to one tin cooking at home. One tin dishes which need a minimal stint in the oven are even better, because I am greedy and want dinner to prepare itself quickly and without my attendance. We all have busy lives and things to do when we get home before we've thought about what to cook but I strongly believe that having time constraints in the kitchen doesn't mean that you have to compromise on flavour, texture or interest in your food. That's why this collection of roasting tin recipes maintains the trademark vibrancy of my first two cookbooks, but I've developed recipes here which can all be

cooked in the oven within 30 minutes (and many in even less time).

There's 10 minutes or so of light prep and then you'll have up to 30 minutes, while dinner looks after itself, to supervise homework, watch something on Netflix or take a nice hot bath.

You can find all the ingredients for the recipes in a big supermarket, because that makes up the majority of what's in my cupboard. Luckily, that doesn't exclude too many interesting options, thanks to stellar cookbook authors who've made varied types of cooking accessible. About three quarters of the recipes in this book are vegetarian or vegan, which I think reflects the way that many people cook nowadays. While there's plenty for omnivores, many of the recipes involve bacon, pancetta, chorizo or ham hock as a flavouring rather than as the main ingredient, so they can be easily left out, and replaced with my go-to goat's cheese, halloumi or feta.





The chapters in this book are organised by occasion. The first is full of simple dishes that you can put together on a weeknight after work, with largely storecupboard ingredients plus one or two bits grabbed from the supermarket on the way home. The crispy thyme roasted leek & mushroom pasta bake [\(page 24\)](#) and Kerala prawn curry [\(page 32\)](#) are already favourites among my friends.

The next chapter of the book is on family favourites, because one of the nicest things to come out of the first two Roasting Tin books is the number of new parents who have written to me to say how helpful the recipes are when juggling babies and zooming toddlers and even for baby-lead weaning. The tins in this chapter are designed to ideally feed both you and your children, on the basis of a very scientific straw poll among parent friends and colleagues as to what their children will and won't eat. As you'll see from the chapter, there was an overwhelming 'yes' to peas, a surprising positive on broccoli, and a loud 'no' to mushrooms. I apologise if your children disagree, but feel free to mix and match ingredients according to their tastes and if they still object, all the more in the tin for you to eat. The quick meatball pizza [\(page 58\)](#) is a good one to cook if you have helpers with small hands, and the baked gnocchi with crispy ham hock & peas [\(page 50\)](#) is an instant staple.

As I love recipes that make enough for dinner as well as a couple of lunches during the week, the third chapter is dedicated to make ahead

lunchboxes, packed with easy, grain based dishes that you can batch cook at the weekend, like the tikka-spiced paneer salad with chickpeas, mint & naan croutons [\(page 90\)](#), or the super quick orzo gardeniera with courgettes, chilli and lemon [\(page 96\)](#).

The date night chapter is full of visually beautiful, delicious one tin recipes which have slightly more special ingredients, but take no more effort to make than any other one tin dish.

Chapter five focuses on easy entertaining: roasting tin dishes that you can scale up to feed a crowd. I've been making more Indian food recently, so



this chapter includes tandoori-style salmon with spiced, roasted sweet potatoes, tomatoes & red onion ([page 146](#)) and masala roasted corn with quick coriander chutney ([page 156](#)), which I could happily eat every day.

Lazy weekend cooking makes up chapter six. Your tins will still take 30 minutes in the oven, but if you have time for a little contemplative food

production, you'll find the delicious pork, juniper & pink peppercorn

meatballs with leeks and Puy lentils ([page 188](#)), along with my proudest creation, a crisp cheddar-topped bread cobbler with chilli spiked greens

([page 176](#)). Finally, there's a chapter on desserts, because I do like a pudding, and there's enough here to sort you for a weekend baking

session or to finish off a dinner party.

This is my favourite collection of roasting tin recipes to date, not only

because the dishes have already become staples, but also because I think

that good food should be achievable however little time you have. As with

my other Roasting Tin books, this cookbook is for people who like good

food, without any hassle. Pick your recipe, do a bit of light chopping and an interesting, flavourful dinner will be ready in 30 minutes or less. It's

minimum effort, maximum return cooking.





A NOTE ON TINS

The key message is that you can use any kind. Pyrex lasagne dishes, ceramic dishes, the bottom half of a large Le Creuset, enamel tins, stainless steel tins, even the big tray that comes fitted in your oven.

What you'll want to bear in mind, particularly for efficient 30-minute cooking, is that you need to use a tin large enough for all your vegetables to fit in a single layer. If they pile up on top of each other, the ingredients underneath will steam, not roast, and may not cook in 30 minutes. Grains that go underneath the veg in stock aren't as fussy, and meat can sit on top of veg, if needed.

Most of the recipes in the book will suggest a size for the roasting tin in terms of fitting all the ingredients in one layer. I made pretty much everything except the cakes in my 30ish × 37cm roasting tins. If in doubt, go large.



A NOTE ON OVENS

Every oven is different. I was fascinated to learn that top oven manufacturers employ home economists to bake a tray of equally measured, standard British fairy cakes in their prototype ovens, to check for hot and cold spots depending on which cakes brown more, and then adjust the ovens accordingly to provide an even heat. (Sadly, I've never met one of these evenly browning ovens in real life, please advise if you have.) Cheffy types often use oven thermometers, which sit in your oven to tell you the exact temperature on the inside, which is almost always different from the temperature to which you turn the dial on the outside. (The oven in my mother's kitchen runs 10–20°C hotter than mine, so we often reduce either the temperature or the cooking time. The one at my sister's flat runs 10–20°C colder, so she usually adds 5–10 minutes to the cooking time.)

If you have an oven thermometer, by all means use it. But I don't think it's necessary to get too science-ey with roasting tin dinners. If you're already familiar with your oven, you may instinctively know to turn the dial up or down a bit more to allow for its foibles. If you're not a habitual oven user, it's easy enough to pick a simple recipe (cakes are good as it is very easy to objectively see how cooked they are within an allotted time), make a note of the results, then the next time adjust the temperature or cooking time

up or down as needed.

All the recipes in my three Roasting Tin books have been tested for oven timings in my oven at home, many in my mother's kitchen, a good proportion at friend's houses, an endearing number by the team at VINTAGE books and all of them in the oven where we shot the photographs you see in the book. If you find that the recipes consistently



cook in more or less time in your oven, consider that it may be the oven and adjust the temperature or the timings as needed.





WORKNIGHT DINNERS

STORECUPBOARD INGREDIENTS
& A COUPLE OF THINGS FROM THE
SUPERMARKET ON THE WAY HOME



WORKNIGHT DINNERS

STICKY SOY & HONEY ROASTED SALMON WITH ASPARAGUS &
SUGAR SNAP PEAS

CRISPY THYME ROASTED LEEK & MUSHROOM PASTA BAKE (V)

ALL-IN-ONE THAI FISH PIE

ROSEMARY, GOAT'S CHEESE & MUSHROOM TART WITH PINK
PEPPERCORNS (V)

KERALA PRAWN CURRY

BEETROOT ORZOTTO WITH SOURED CREAM, PINE NUTS & DILL
(V)

CHILLI PEANUT BEEF WITH RED PEPPERS, SWEETCORN &
SPRING

ONIONS

SESAME CRUSTED TUNA WITH SOY & GINGER, COURGETTES &
PAK

CHOI

CHERRY TOMATO, LEEK & ARTICHOKE BAKE WITH FETA
CHEESE

(V)

QUICK COOK CAULIFLOWER CURRY WITH PEAS & SPINACH
(VEGAN)

CRISPY BAKED GNOCCHI WITH LEEKS, RAINBOW CHARD & CREAM

(V)

STICKY SOY & HONEY ROASTED SALMON WITH ASPARAGUS & SUGAR SNAP PEAS

This easy, flavourful dish is perfect for a quick worknight dinner. If you're serving fewer people, I'd think about making the full quantity and taking any leftovers for lunch the next day. Serve as it is for a carb-free dinner, or with rice or quick cook noodles.

Serves: 4

Preheat the oven to 180°C fan/200°C/gas 6. Put

Prep:

5 minutes

the broccoli into a large bowl, pour over a kettleful

Cook:

25 minutes

of boiling water, leave to stand for 1 minute, then

200g Tenderstem

drain well .

broccoli

125g asparagus spears

Mix the broccoli, asparagus, sugar snaps, frozen

200g sugar snap peas

peas, sea salt and sesame oil in a roasting tin. Put

200g frozen peas

the salmon fillets in around the veg, then mix the

1 teaspoon sea salt

soy, sesame oil and honey and spread this over

flakes

each fillet. Roast for 20–25 minutes until the

1 tablespoon sesame oil

salmon is cooked through.

Quick cook noodles or

rice, to serve (optional)

Meanwhile, whisk the ginger, lime juice, sesame oil

and spring onions together. Once the salmon is

FOR THE SALMON

cooked, pour the dressing over the vegetables.

4 salmon fillets

Scatter over the chopped peanuts and chili. Taste

½ tablespoon good soy

and adjust the lime juice and salt as needed and

sauce

serve hot.

½ tablespoon sesame

oil

½ tablespoon honey

NOTE: I've said to blanch the Tenderstem as it improves the texture on roasting, but you can use

FOR THE DRESSING

6cm fresh ginger,

ordinary broccoli instead if you prefer and skip this grated

stage.

1 lime, juice only

1 tablespoon sesame oil

3 spring onions, finely

chopped

A handful of peanuts,

roughly chopped

1 red chili, finely sliced