





# THE GREEN ROASTING TIN

**VEGAN & VEGETARIAN ONE DISH DINNERS**

**RUKMINI IYER**

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ACKNOWLEDGEMENTS

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CREOLE SPICED LEEK & MUSHROOM TART

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CRISPY GNOCCHI WITH MUSHROOMS, SQUASH & SAGE

CRISPY GNOCCHI WITH ROASTED PEPPERS, CHILLI, ROSEMARY,  
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FAJITA SPICED MUSHROOMS & PEPPERS WITH STILTON & SOUR  
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BEANS, BEANSPROUTS & PEANUT-COCONUT DRESSING

GENTLY SPICED PEARL BARLEY WITH TOMATOES, LEEKS, DILL  
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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 &

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HERBY ROASTED PEPPERS STUFFED WITH ARTICHOKEs, OLIVES  
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LIME & CORIANDER MUSHROOMS WITH PAK CHOI &  
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LUNCHBOX PASTA SALAD: QUICK-ROAST BROCCOLI WITH  
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WITH TRUFFLE, PARMESAN & SOFT-BOILED EGGS

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QUICK COOK LEEK ORZOTTO WITH ASPARAGUS, HAZELNUTS &

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QUICK ROASTED FENNEL & BULGUR WHEAT WITH  
MOZZARELLA,

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QUICK THAI OKRA WITH OYSTER MUSHROOMS & COCONUT  
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RICH POTATO & MUSHROOM GRATIN WITH CREAM &

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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

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SIMPLE ALL-IN-ONE DAAL WITH ROASTED SHALLOTS,  
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SMOKED TOFU WITH FENNEL, PAK CHOI & PEANUT SATAY

DRESSING

SPICED ROASTED CARROT & BEAN CURRY

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STORECUPBOARD PASTA BAKE: CRISPY RED PEPPER &  
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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



# THE GREEN ROASTING TIN

VEGAN & VEGETARIAN ONE DISH DINNERS

RUKMINI IYER







# 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.







Weeknight cooking rarely affords the time for so many dishes, so I've taken the principles of vegetarian cooking learned from home, and applied them to the traybakes in this book. All the dishes are packed with flavour, through spices or fresh herbs and almost always lemon or lime juice (I am considering shares in a citrus farm); and there's a variety of both colour and texture in each dish. Inspired by my mother's Indian cooking, there are a number of oven-roasted curries in the book – rather than slowly frying

off onions, then spices, then each vegetable and simmering on the stove

for half an hour, I've designed recipes in which everything is roasted in a single layer before adding the sauce, as with the beetroot, chickpea and

coconut curry [here](#), which is a favourite among my friends.

Moving west, I've found that orzo and bulgur wheat are all-in-one-tin

heroes – add enough stock, layer your vegetables on top and stick in the

oven for just 15–20 minutes and you have a balanced dinner that needs

nothing more than a glass of wine on the side – try the all-in-one roasted tomato and bay orzo ([here](#)) and crispy kale and bulgur wheat salad with pomegranates and preserved lemon ([here](#)).

This book was slightly in danger of becoming the gratin and tart book,

because I love both. There aren't many things better than a hot, crisp,

breadcrumb-topped gratin – the leek and Puy lentil gratin with a crunchy

feta topping ([here](#)) is outstanding. If you're after comfort food, try the dauphinoise/tartiflette hybrid [here](#). My boyfriend, recently initiated into the joys of ready-rolled puff pastry, finds it a revelation: unroll, top with vegetables and bake – it's an easy weeknight win. The shallot 'cheese and onion' tart ([here](#)), and the carrot and taleggio tarte tatin ([here](#)) are as good for midweek suppers as they are for dinner parties.

For weekends or special occasions, there are dishes which take a little

longer in the oven, but are just as low-effort: try the beautiful escalivada –

whole roasted aubergines, peppers and tomatoes with almonds ([here](#)), stuffed mini pumpkins with sage and goat's cheese ([here](#)) or whole roasted cauliflower with ras el hanout, pearl barley and pomegranate

([here](#)).

All the recipes are designed to work as stand-alone dinners if you wish –

you'll need nothing more than a grain or some greenery for a full meal

unless they're already incorporated into the dish. But if you're feeding

more people, it's always nice to combine several dishes and share – you'll find suggested recipe pairings at the end of the book, with combinations

that I've found work particularly well together. As with my previous book *The Roasting Tin*: chop, kick back and let the oven do the work.

*A note on tablespoons: All tablespoons mentioned are the standard 15ml measure. You don't have to be exact when drizzling oil over a tray of vegetables*

*– the amount given in tablespoons is a guideline if you want it – but a 15ml measure is useful for getting the proportions just right for the dressings in this book. All the salt is sea salt flakes.*



