

Difficulty:

Easy



Time:

40 minutes



Zingy veg tray bake

Vegan and gluten free



Allergens: none

What is it?

A quick and easy vegetable tray bake, perfect for those busy evenings when you just want to put everything in the oven and have a sit down! This is a tasty way to get a great helping of your 5 a day!

THIS RECIPE
COSTS MAX.

£2.35

PER PERSON
(BASED ON ALDI
INGREDIENTS)

What you need:

For 2 people 3 people 4 people

Baby potatoes	300g	400g	500g
Cauliflower florets	100g	150g	200g
Broccoli florets	100g	150g	200g
Fresh tomatoes	250g	300g	350g
Chick peas	400g tin	400g tin	2x 400g tins
Curry powder	1 tsp	1 tsp	2 tsp
Olive oil	2 tbsp	2 tbsp	3 tbsp
Fresh coriander	15g	20g	25g
Red chilli	1	1	2
Lime	1	1	2

Kit list:

- Saucepan
- Oven tray
- Baking paper

Make it your own!

Why not throw in whatever leftover veggies are sitting in the fridge; carrots, peppers, mushrooms....anything to add some extra colour and reduce food waste!

Celebrate Family
Food

Charity no.
1125784



What to do:

Step 1: Preheat the oven to gas mark 6, 200°C, fan 180°C.

Line a baking tray with non stick baking paper.

Step 2: Boil the potatoes in a saucepan of water for 5 mins.

While the potatoes are boiling, roughly chop your tomatoes and slice the red chilli.

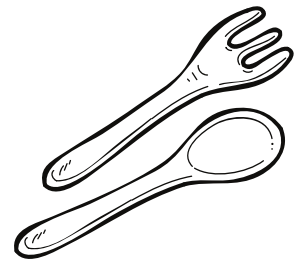
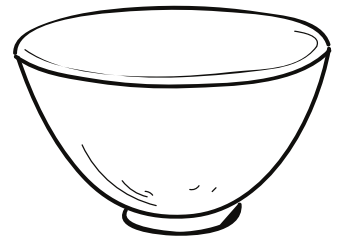
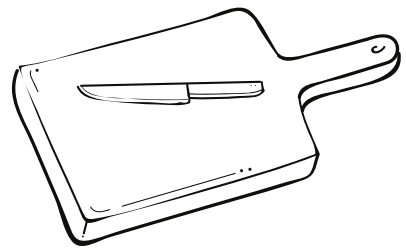
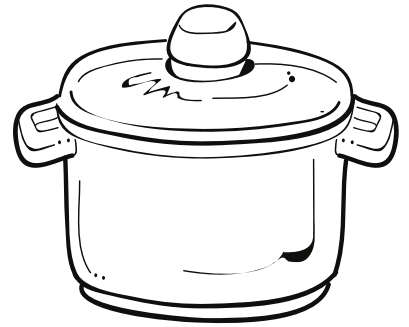
Step 3: Separate the coriander leaves and stalks, then chop both into small pieces (keeping the leaves and stalks separate).

Step 4: Drain the potatoes and tip them onto the baking tray, along with the broccoli and cauliflower florets, tomatoes and (drained) chick peas.

Step 5: Mix together the curry powder, olive oil, sliced chilli and coriander stalks. Pour onto the tray and mix everything together. Season with salt and pepper.

Step 6: Roast in the oven for 25-30 mins until the vegetables are tender to the touch. Remove from the oven.

Serve: Scatter with the coriander leaves and serve a hearty spoonful with a wedge of lime - this is for you to squeeze over the veggies to give it that amazing ZING!



What did you think of this recipe? Colour in the stars to give it a rating!

