

THE TIMES

Eat

PULL OUT
AND KEEP



TAKE ONE ROASTING TIN...



10 RECIPES FROM THE UNLIKELY BESTSELLING COOKBOOK STAR

TWO WITH COD



PREP 10 MINS
COOK 25 MINS



PREP 10 MINS
COOK 25 MINS

PHOTOGRAPHS David Loftus

BENGALI MUSTARD FISH WITH CAULIFLOWER AND PEAS

Serves 4

- 1 cauliflower, cut into small florets
- Cauliflower greens, cut into bite-size pieces
- 250g cherry tomatoes on the vine
- 1 red onion, thinly sliced
- 200g frozen peas
- ½ tsp ground turmeric
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp sea salt flakes
- 2 tbsp oil
- 4 nice thick cod fillets
- 4 tsp Bengali or wholegrain Dijon mustard

To serve

- Natural yoghurt and basmati rice

1 Preheat the oven to 200C/Gas 6. Tip the cauliflower, greens, cherry tomatoes, onion and peas into a roasting tin large enough to

hold everything in one layer. Add the spices, salt and oil and mix well.
2 Arrange the fish fillets over the vegetables, spread them with a teaspoon of mustard each, then transfer the tin to the oven and roast for 25 minutes, or until the fish is just cooked through.
3 Serve hot, with yoghurt and rice alongside.

RAS-EL-HANOUT ROASTED COD WITH CAULIFLOWER AND POMEGRANATE

Serves 4

- 1 large cauliflower, cut into small florets (along with the cauliflower greens)
- 1 red onion, thickly sliced
- 1 x 400g tin chickpeas
- 2 tsp olive oil
- 2 tbsp ras-el-hanout
- 1 tsp sea salt
- 4 thick cod fillets
- Extra pinches of sea salt and ras-el-hanout

For the dressing

- 2 tbsp extra virgin olive oil
- Zest and juice of 1 lemon
- 1 tsp sea salt

To serve

- A generous handful of pomegranate seeds
- Chopped fresh mint
- Natural yoghurt

1 Preheat the oven to 200C/Gas 6. Tip the cauliflower, greens, onion and chickpeas into a roasting tin large enough to hold them and the cod fillets in one layer. Mix well with the olive oil, ras-el-hanout and sea salt.
2 Lay the cod fillets in the tin alongside the vegetables and scatter each fillet with a little more sea salt and ras-el-hanout. Transfer to the oven and roast for 25 minutes.
3 Meanwhile, mix together the extra virgin olive oil, lemon zest and juice and sea salt and set aside. Once the cod and cauliflower are cooked through, pour over the dressing, scatter over the pomegranate seeds and chopped mint and serve with natural yoghurt alongside. ■

PREP 15 MINS
COOK 70 MINS



Cuban-style sweet and sour squash with peppers and basil, page 36

PREP 10 MINS
COOK 45 MINS



Chipotle roasted
mushroom and potato
tacos, page 36

PREP 15 MINS
COOK 45-50 MINS



Roasted squash, crispy lentils, pomegranate and dukkah, page 36

VEGETARIAN



PREP 10 MINS
COOK 35-45 MINS

ROASTED SWEET POTATO WITH FETA, SPRING ONIONS AND PEANUTS

Serves 4

- 2 large sweet potatoes, cut into 2½cm wedges (you can peel them or leave the skin on)
- 1 red onion, quartered
- 2 tbsp olive oil
- 2 tsp smoked paprika
- 1 tsp sea salt flakes
- 100g feta, crumbled

For the dressing

- 2 tbsp virgin olive oil
- Zest and juice of 1 lime
- ½ tsp sea salt flakes, or to taste
- 3 spring onions, thinly sliced
- A big handful of unsalted peanuts

To serve

- Soured cream or natural yoghurt

1 Preheat the oven to 220C/Gas 7. Tip the sweet potatoes, onion, oil, smoked paprika

and sea salt into a roasting tin large enough to hold everything in one layer, then transfer to the oven and roast for 35-45 minutes (it's quicker if the potatoes are very fresh, and slower if they're a bit old).

2 Meanwhile, mix together the extra virgin olive oil, lime zest and juice, sea salt, if using, spring onions and peanuts and set aside.

3 Once the sweet potatoes are cooked through, scatter over the spring onion dressing and the crumbled feta and serve hot, with soured cream or yoghurt alongside.

INDONESIAN-STYLE AUBERGINES AND POTATOES WITH GARLIC AND CHILLI

Serves 4

- 3 shallots, peeled
- 4 garlic cloves, peeled
- 2 fresh red chillies, stems removed (add or remove a chilli depending on your spice tolerance)
- 2 tbsp sunflower or olive oil
- 1 tbsp sugar
- 2 tsp sea salt flakes, plus extra



PREP 15 MINS
COOK 45 MINS

- 250g cherry tomatoes on the vine
- 350g baby aubergines, halved
- 500g salad potatoes, halved if small, quartered if large
- 1 lime, juice only

To serve

- A handful of fresh coriander, chopped
- Freshly cooked white rice

1 Preheat the oven to 200C/Gas 6. Tip the shallots, garlic, chillies, oil, sugar, sea salt and 5 cherry tomatoes into a food processor or high-speed blender and blitz until you have a rough paste.

2 Tip the aubergines and potatoes into a roasting tin large enough to hold them in one layer and mix with the spice paste. Top with the remaining cherry tomatoes, then transfer to the oven. Roast for 45-50 minutes, until the aubergines and potatoes are cooked through.

3 Taste and season with lime juice and sea salt. Scatter over the coriander. Serve with rice.

MEAT



PREP 10 MINS
COOK 60 MINS

TANDOORI CHICKEN WITH ROASTED SWEET POTATO AND MINT

Serves 4

- 8 chicken thighs, or a mixture of thighs and drumsticks
- 2 large sweet potatoes, peeled and cut into 1½cm chunks
- 1 red onion, cut into eighths
- 6 tbsp natural yoghurt
- 1 tbsp sunflower or olive oil
- Zest and juice of 1 large lemon
- 5 garlic cloves, grated
- 5cm ginger, grated
- 2 heaped tsp ground cumin
- 1 tsp ground turmeric
- 1 tsp mild chilli powder
- 1½ tsp sea salt flakes
- Freshly ground black pepper
- 4 heaped tsp smoked paprika
- 2 tsp garam masala

To serve

- 200g natural yoghurt
- Cucumber, red onion, mango, fresh mint

1 Preheat the oven to 200C/Gas 6. Tip the chicken, sweet potatoes and red onion into a roasting tin large enough to hold everything in one layer. Mix together the yoghurt, oil, lemon zest and juice, garlic, ginger, cumin, turmeric, chilli powder, salt, pepper and 2 heaped tsp smoked paprika. Spread this evenly over the chicken, sweet potatoes and red onion, mixing so that everything is well coated.

2 Scatter the chicken with the garam masala and another 2 tsp smoked paprika, then transfer to the oven and roast for 1 hour.

3 Meanwhile, mix the yoghurt with thinly sliced cucumber, red onion, mango or just a generous handful of fresh mint. Taste and season with salt as needed, and set aside.

4 Let the chicken rest for 5-10 minutes before serving with the mint raita and naan bread.

ROAST POTATOES, CHORIZO, ONIONS AND SOURED CREAM

Serves 4

- 600g potatoes (such as Maris Piper), peeled and cut into 2cm cubes



PREP 10 MINS
COOK 45-50 MINS

- 260g chorizo, thickly sliced into 2cm pieces
- 2 white onions, thickly sliced
- 1 tbsp olive oil
- A handful of fresh thyme
- 2 bay leaves
- 250ml chicken stock

To serve

- A handful of coriander, roughly chopped
- 150ml soured cream or natural yoghurt

1 Preheat the oven to 220C/Gas 7. Tip the potatoes, chorizo, onions, oil, thyme and bay leaves into a roasting tin large enough to hold everything in one layer. Mix well. Pour in the stock, then transfer to the oven and roast for 45-50 minutes, until the potatoes are golden brown and cooked through and the stock is absorbed.

2 Taste the potatoes and adjust the salt as needed (they should be fine, on account of the chorizo and stock), then scatter over the coriander and serve with the soured cream or yoghurt. ➤

VEGAN



**PREP 10 MINS
COOK 30 MINS**

BLACK BEANS AND RICE WITH AVOCADO AND RADISH SALSA

Serves 4

- 200g basmati rice
- 500ml vegetable stock
- 200g spring greens, thinly sliced
- 2 garlic cloves, grated
- 2 x 400g tins black beans, drained and rinsed
- 2 shallots, thinly sliced

For the salsa

- 100g fresh coriander, roughly chopped
- 200g radishes, quartered
- 100ml olive oil
- Juice and zest of 2 limes
- 1 tsp sea salt flakes
- 2 firm avocados, cut into 2cm pieces

To serve

- 2 handfuls of salted peanuts

1 Preheat the oven to 230C/Gas 8. Tip the rice, stock, spring greens, garlic and black beans into a medium lidded casserole dish or roasting tin, then scatter over the

sliced shallots. Cover with the lid or very tightly with foil (this is important, so the rice cooks through), then transfer to the oven and cook for 30 minutes.

2 Meanwhile, mix together the coriander, radishes, olive oil, lime juice and zest and sea salt, then gently stir through the avocado pieces. Adjust the salt to taste.

3 Once the rice is cooked, fluff it up with a fork, then stir through half the avocado salsa. Taste, adjust the salt as needed, then scatter over the remaining salsa and the peanuts and serve hot.

CUBAN-STYLE SWEET AND SOUR SQUASH WITH PEPPERS AND BASIL

Serves 4-6 (page 32)

- 1 butternut squash, cut into eighths
- 4 pointy peppers, mixed colours
- 2 red onions, halved
- 4 garlic cloves, grated
- 8cm ginger, grated
- 1 tsp chilli flakes
- 2 tsp caster sugar
- 60ml white vinegar

- 2 tbsp olive oil
- Sea salt flakes
- Extra virgin olive oil
- A handful of pumpkin seeds
- A large bunch of fresh basil

To serve

- Rice and vegan soured cream

1 Preheat the oven to 200C/Gas 6. Tip the squash, peppers and onions into a roasting tin large enough to hold everything in one layer. Mix the garlic, ginger, chilli flakes, caster sugar, vinegar, 60ml water and the oil in a small bowl, then pour this over the vegetables and mix well.

2 Cover the roasting tin tightly with foil, then transfer to the oven and cook for 45 minutes. Remove the foil, turn up the temperature to 220C/Gas 7 and roast for a further 15-20 minutes, until the peppers get a good colour on them (the undersides of the squash will caramelise, but the top will not).

3 Remove the dish from the oven, taste the squash and peppers and adjust the salt as needed. Drizzle with a little extra virgin olive oil, then scatter over the pumpkin seeds and basil and serve with rice and vegan soured cream.

CHIPOTLE ROASTED MUSHROOM AND POTATO TACOS

Serves 2-3 (page 32)

- 450g large chestnut mushrooms, whole, a few halved
- 650g salad potatoes, quartered
- 250g cherry tomatoes
- 3 tbsp olive oil
- 2 tsp ground cumin
- 1 tbsp coriander seeds, lightly crushed
- 1 tsp chipotle chilli flakes
- 2 tsp sea salt flakes
- A big handful of fresh thyme
- Juice of 1 lime

To serve

- 150g vegan yoghurt or soured cream
- Warm tortillas

1 Preheat the oven to 220C/Gas 7. Tip the mushrooms, potatoes, tomatoes, oil, spices, salt and

thyme into a roasting tin large enough to hold everything in one layer, then transfer to the oven and roast for 45 minutes.

2 Squeeze over the lime juice, adjust the salt to taste and serve piled into tortillas with the vegan soured cream or yoghurt.

ROASTED SQUASH, CRISPY LENTILS, POMEGRANATE AND DUKKAH

Serves 4 (page 33)

- 600g squash, cut into 1½cm slices
- 1 red onion, cut into eighths
- 250g cherry tomatoes
- 1 x 400g tin brown lentils, drained and rinsed
- 1 tsp sea salt
- 2 tbsp pomegranate molasses
- 2 tbsp olive oil
- 3 garlic cloves, grated
- 1 tsp chilli flakes (less if yours are very hot)
- 2 tbsp dukkah
- A handful of pomegranate seeds
- A handful of fresh dill or mint, roughly chopped

For the dressing

- 100ml vegan yoghurt
- 2 tbsp pomegranate molasses

1 Preheat the oven to 200C/Gas 6. Tip the squash, onion and tomatoes into a roasting tin large enough to hold everything in one layer.

Mix through the lentils, salt, pomegranate molasses, oil, garlic and chilli flakes. Transfer to the oven and roast for 45-50 minutes, until the squash is cooked through.

2 Meanwhile, mix together the vegan yoghurt and pomegranate molasses, then taste and season as needed with a pinch of salt.

3 Drizzle the yoghurt over the roasted veg, scatter over the dukkah, pomegranate seeds and mint and serve hot. ■

Extracted from **The Roasting Tin Around the World** by Rukmini Iyer (Square Peg, £16.99)

