



Tray Bake Ideas

Tray bakes are a great one pan dish packed with plenty of vegetables and protein.

Protein Ideas - fish, lamb, meatballs, beef, chicken breast/chicken thigh

Vegetable Ideas - carrots, onions, sweet potato, pumpkin, asparagus, broccoli, cabbage, green beans, cauliflower, zucchini, cabbage etc.

Adding Flavour - you can marinade or season your choice of protein with any of the following (this list is not exhaustive, feel free to experiment!).

- Teriyaki Marinade - using soy sauce, honey, garlic and ginger
- Italian Marinade - using balsamic vinegar, honey and Italian herbs
- Lemon and pepper
- Curry powder

How To:

- Place protein and vegetables in a baking paper lined tray.
- Add plenty of dried herbs (such as basil and oregano for an Italian flavour, or chilli and cumin for more of a Mexican style)
- Sprinkle with salt and pepper, then place in a preheated oven (180°C) and bake for approximately 25-30 minutes. The cooking time will vary depending on the type of protein used.
- Once cooked, the tray bake can be divided up into bowls and served as is or with rice.