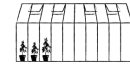


# Tray Bake



Jaz Mathisen

AWAKINO STATION

Such a simple yet tasty way to cook meat and vegetables. Try using a variety of vegetables, mixing it up as the seasons go by. I normally use sausages, or chops. Or dinosaur chops as we call them - lamb rib chop with all the rib still attached. But skin on chicken thighs would be amazing too, or simply leave the meat out for a vegetarian side.

## Ingredients:

### Seasonal vegetables, for example:

- Slice of pumpkin, chopped
- 2 potatoes, diced
- 6 brussels sprouts, halved
- 6 yams, halved
- 1 parsnip, chopped
- 2 carrots, sliced
- 2 red onions, quartered
- 1 beetroot, cubed
- 1 capsicum, sliced
- Bulb of garlic, broken into cloves
- 1 tin cherry tomatoes
- 1 tbsp tomato paste
- 1 tbsp brown sugar
- 1 tbsp balsamic vinegar
- 1 tsp dried oregano
- 1 tbsp fresh rosemary

## Method:

1. Preheat the oven to 200°C and chop the vegetables. Place into a roasting dish and add the meat of choice. Season well with salt and pepper.
2. In a bowl combine the tinned cherry tomatoes, tomato paste, brown sugar, balsamic vinegar, and dried oregano. Pour over the vegetables.
3. Bake in the oven for 1-1.5 hours, turning once during cooking to allow the vegetables to absorb the balsamic tomato sauce as they cook. Just before serving you can grate or shave cheese over and allow to melt. Delicious served with bread to mop up the juices.

### Notes:

- Think of the cooking time for each type of vegetable you are using and chop to size for even cooking.
- I often make this dish when I forget to get something out of the freezer. Perfect for throwing a lump of frozen sausages in.
- During summer you could use fresh tomatoes instead of tinned.