

Mediterranean potato traybake recipe

A simple traybake mix of Mediterranean veg and potatoes makes an easy, delicious, vibrant dinner – with minimal washing up!

Prep: 10 mins

Cook: 25 mins

Serves 4



Ingredients

- 800g salad potatoes, thickly sliced
- 1 teaspoon olive oil
- 1-3 vegetables of your choice
e.g. pepper, courgette, onion
or aubergine (sliced)

Optional ingredients

- 1 tablespoon red pesto
- 50g pine nuts or other chopped nuts

Swap tip

If you don't have the above veggies, or you find cheaper alternatives, don't be afraid to use whatever you have. Remember, you can always swap fresh vegetables for tinned or frozen to speed up the prep.

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Method

1. Preheat the oven to 200C (180C fan, gas mark 6).
2. Put the potatoes, chopped vegetables and nuts (if using) in a large roasting tin. Drizzle with the oil and toss to coat. Bake for 20 minutes, or until tender.
3. Add the pesto, if using, and bake for another 5 minutes. Serve immediately.

Per serving (1/4 recipe):

1,033kJ / 247kcal

3.5g sugars

16.4g fat, of which 1.9g saturates

0.1g salt