

Quick and easy chicken traybakes

Just five minutes' prep, then pop the tray in the oven to roast. Supper's ready!



Use a big tray
Leave space between everything otherwise you will be steaming, not roasting

Simple lemon chicken traybake

Start with chicken joints

- + potatoes (new or old)
- + lemon
- + garlic cloves (if liked)
- + olives, green or black
- + extra virgin olive oil
- + herbs, fresh or dried

Prepare and season joints (see tips 3 and 4), peel or rub potatoes then cut into chunks or wedges, and quarter lemons. Put all ingredients in a metal tray or ovenproof dish large enough to hold everything in one layer. Sprinkle liberally with olive oil and your favourite herbs (eg oregano, bay, thyme, sage, rosemary) and mix everything together well before roasting (see tips 6 and 7). Lovely with a green salad.

Tips for perfect traybakes every time

1 Buy good-quality chicken joints, skin on, bone in, for flavour. Allow two thighs or one leg per person.

2 Before starting, heat the oven to 200C/180C fan/gas 6. Always put the tray into a properly hot oven.

3 Use scissors to snip off loose skin and unwanted fat from the joints. Do not wash as this spreads any bacteria.

4 Seasoning matters. Rub chicken with salt all over, before generously grinding on pepper and any other seasoning.

5 Allow a couple of tablespoons of oil for two thighs/one leg and their veg.

6 Chicken thighs take 25-30 mins to cook, chicken legs 30-40 mins. Test by piercing thickest part with a knife, or cutting open. Make sure the juices run clear (not pink) and that flesh is not pink.

7 Place the chicken joints wrong side up to start, then turn halfway through to finish by crisping up the skin.



Try this
Ten minutes before the end, add some green beans, turning to coat with the juices



Vegetables to roast alongside

Quick cooking

10-20 mins:
courgette, cauliflower and broccoli florets, and sweet potato.

this amount of time to soften and caramelize.

Chop, chop

Cut vegetables of the same kind into equal-size wedges so they cook at the same speed. When mixing veg that cook at different rates, cut the slower-cooking veg into smaller pieces.

Slower cooking

About 30 mins:
potato, beetroot, squash, fennel, carrot and parsnip. Onion, garlic, pepper and aubergine need

Ring the changes You can easily adapt this basic recipe: try these flavour combinations

Slightly Spanish

Red peppers, red onions, sweet potatoes, garlic, lemons and their zest. Add chunks of chorizo if you like, halfway through cooking. Even better, before roasting rub the chicken with smoked paprika. Finish with flat-leaf parsley.

Indian Twist

Prepare the chicken joints by rubbing the skin with ground cumin and turmeric, then roast together with garlic cloves, onions, potatoes and green beans.



Easy Greek

Add cherry tomatoes, kalamata olives, fresh basil or thyme, garlic and crumbled feta cheese.

