

Cornish Briam (Roasted Vegetable Traybake)

Courtesy of Rick Stein's Cornwall

Briam is a Greek slow-cooked roast vegetable dish. No need to fry, no need to stir and you can use any vegetable you have in the fridge.

It's also vegan and gluten-free! Serve it as a side or main course.



Preparation time:
less than 30 mins

Cooking time:
1 to 2 hours

Serves:
6-8 (as a side dish)

INGREDIENTS:

- 150ml/¼ pint extra virgin rapeseed oil
- 500g/1lb 2oz waxy new potatoes, peeled and cut lengthways into 5mm/¼in slices
- 400g/14oz carrots, sliced lengthways
- 2 large courgettes (about 400g/14oz), sliced lengthways
- 1 large onion, sliced
- 5-6 garlic cloves, sliced
- 300g/10½oz Tenderstem broccoli
- 4 large tomatoes (or 6 medium), thickly sliced
- 25g/1oz flatleaf parsley, roughly chopped
- few sprigs fresh thyme, leaves picked
- 200ml/⅓ pint passata
- salt and freshly ground black pepper

METHOD:

1. Preheat the oven to 190C/170C Fan/Gas 5.
2. Use 2 tablespoons of the oil to grease a roasting tin (about 25 x 35cm/10 x 14in), or a shallow casserole dish with a lid.
3. Spread the potato slices in the tin in a single layer, then season with salt and pepper.
4. Layer over the carrots and season again. Add a layer of courgettes, then onion and garlic, and season once more. Scatter over the broccoli, and cover with the tomatoes. Scatter over the herbs and a final sprinkling of salt and pepper. Mix together the passata and the remaining oil and pour over the vegetables.
5. Cover the roasting tin tightly with foil or put a tight-fitting lid on the pan and bake for 1½ hours. If the vegetables have released a lot of liquid, pour it off into a pan and reduce down to a thick and tasty sauce. Pour it back over the vegetables and allow to cool slightly before serving as a side dish or as a main with crusty bread or rice.