



## 5 DELICIOUS Traybake Recipes

### Mexican spiced stuffed Capsicums (4 serves)

1 C quinoa or brown rice (see quinoa cooking guide at the beginning of dinner recipes)  
1 can kidney beans, drained and rinsed  
2 large tomatoes, chopped  
1 corn corb, kernels shaved off, or ½ C frozen corn  
1 tsp cumin  
½ tsp chilli powder or flakes  
½ tsp dried oregano  
Salt and pepper  
4 large red capsicums, sliced lengthways, remove the seeds and excess white membrane  
Fresh coriander to serve  
1 avocado, sliced to serve  
Fresh salad to serve

Preheat oven to 180degrees

Once the quinoa is cooked, add it to a large bowl with the kidney beans, tomatoes, corn, spices and salt and pepper, mix thoroughly to combine, lightly mashing the kidney beans to make the mixture slightly sticky.

Now stuff your capsicums with the mixture and place on a lined baking tray, it's fine if they are slightly overflowing.

Cover the tray with tin foil and bake for 20 minutes, remove the foil and bake for a further 5-10 minutes or until they are golden.

### Pork and Apple (4 serves)

4 pork fillets  
1 onion, sliced  
2 garlic cloves, sliced or crushed  
½ a butternut pumpkin, cut into chunks (I leave the skin on)  
2 green apples, core removed and cut into chunks  
1 C vegetable stock  
¼ C thyme  
Salt and pepper  
1 head of broccoli

Preheat the oven to 180 degrees

Place all ingredients in a baking tray and place in the oven, and bake for around 30 minutes

While that is cooking, steam your broccoli for 7 minutes over boiling water.

Once everything is cooked, add a pork fillet to each plate and then gently mash the remaining ingredients together in the baking tray before adding a generous scoop to each plate, top with broccoli and serve.

### Green curried fish traybake (4 serves)

4X 150gram fish or salmon fillets (this recipe can be made with any protein)  
1 T green curry paste  
1 can coconut cream  
1 sweet potato, sliced into thin rings  
1 long red chill, sliced optional  
1 tsp fish sauce  
1 bunch of Asian greens (e.g. bok choy, choy sum)  
Cooked rice or quinoa to serve  
1/3 C coriander leaves to serve

Heat the oven to 180 degrees, in a baking dish pour in the coconut cream and add the curry paste, stir the paste through until smooth.

Add the sweet potato slices and chillies, and bake for 10 minutes.

Remove from the oven and add the Asian greens on top of the potato, followed by the fish fillets and bake for a further 10 minutes.

Remove from the oven, serve with a small serving of brown rice or quinoa, and top with coriander.

### 5+ veggie and chicken traybake (4 serves)

500gram chicken thighs  
1 T paprika  
1 garlic clove, crushed  
1 onion, roughly sliced  
½ a butternut pumpkin, cut into chunks  
1 C mushrooms  
1 can of tomatoes  
1 can of lentils, drained and rinsed  
1/3 cup flat-leaf parsley leaves  
Salt and pepper

Heat oven to 180 degrees

In a baking tray add all ingredients, place the chicken on the top layer, season with salt and pepper.

Bake for around 30 minutes, or until everything is cooked through.

Remove from the oven, serve alongside a fresh garden salad, add avocado slices atop the capsicum and sprinkle with coriander.

### Chicken in Italian sauce (4 serves) FF

1 onion, diced  
2 garlic cloves, sliced or crushed  
2 cans chopped tomatoes, salt reduced  
1 C olives, pitted either Sicilian or kalamata  
2 chicken breasts, sliced in half lengthways creating 4 breasts  
1/3 C parsley to serve  
option: serve alongside some cooked gluten free pasta spirals (orgran from Coles is the best brand)  
Side salad to serve

Preheat oven to 180 degrees

Add all ingredients to a baking dish and bake for 20 minutes, or until the chicken is cooked.

Serve alongside a fresh salad and pasta spirals if using.