THE LIGHTER PLATE METHOD

Chicken & Roasted Pepper Traybake

A genuinely simple one-tray dinner — chicken and colourful vegetables roasted separately so both cook perfectly.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**20 min**	**35 min**	**4**	**EASY**

Ingredients

- 400 g chicken breast (fillets)
- 1 small red pepper
- 1 medium tomato
- 1 small carrot
- 50 g courgette
- 1 tbsp olive oil
- 1 handful fresh basil
- 1 tsp sea salt
- 1 tsp dried oregano
- 1 clove garlic (chopped)
- 1 small onion (diced)

Method

1. Heat the oven to 200°C (fan 180°C).
2. Cut the courgette and carrot into 2cm pieces, halve and deseed the pepper and cut into 2cm pieces, chop the garlic, dice the onion and halve the tomato.
3. Arrange the vegetables on a large baking tray, drizzle generously with olive oil, season with salt and pepper, and roast for 15 minutes.
4. On a separate small tray, season the chicken with olive oil, salt, oregano and pepper, and roast for 15–20 minutes, flipping halfway, until cooked through and golden.
5. Slice the chicken and serve with the roasted vegetables and fresh basil scattered over.

Tips & swaps

- Roasting the chicken separately from the vegetables stops it steaming in their juices, so it browns properly.

Storage & reheating

Keeps in the fridge for 3 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
250	**30g**	**8g**	**10g**	**3g**

Estimated values, for guidance only.