Roasted Carrot White Bean Traybake

Four roasted-carrot and white-bean plates with bread · Active 25 min · Total 1 hr 5 min

Skills: Sequencing root vegetables and already-cooked beans on a roomy roasting tray

Ingredients

- 1 1/2 lb carrots (700 g trimmed weight), cut into sticks about 1/2 inch/1 cm thick
- 1 medium onion, cut into wedges (150 g)
- 2 tablespoons neutral oil (30 ml), divided
- 1 teaspoon ground cumin (2 g)
- 1/2 teaspoon fine salt (3 g)
- 1/4 teaspoon black pepper (0.5 g)
- 2 cans cooked white beans, 15 oz/425 g net each, drained and rinsed (480 g total drained)
- 1 tablespoon cider vinegar (15 ml)
- 8 small slices bread (about 7 oz/200 g)

Set out

Large rimmed baking sheet, about 18 x 13 inches/45 x 33 cm, Knife and board, Large bowl, Strainer, Broad turner

Allergens

wheat. Check labels and substitutions.

Make it

1. Heat oven to 425°F/220°C. Toss carrots and onion with 1 1/2 tablespoons/22 ml oil, cumin, salt and pepper. Spread in a single layer on the large tray. Roast for 20 minutes, turning once.

2. Toss well-drained beans with the remaining 1/2 tablespoon/8 ml oil. Turn carrots again, add beans into the gaps and roast for 15–20 minutes more until carrot centers are tender and beans are hot with a few lightly dry edges. Use two trays if a single layer is not possible.

3. Remove from oven and drizzle with vinegar, turning gently to distribute. Divide all the vegetables and beans among four plates and serve each with two small bread slices.

Capacity is practical, not decorative

A large rimmed tray lets the carrots roast rather than steam. Two smaller trays are safer than a deep overloaded pile.

Ingredient labels

Bread normally contains wheat and may also contain milk, soy or sesame. Check actual bread, bean and spice labels.

A useful detail

The 65-minute total includes trimming and cutting 700 g carrots. A smaller tray needs a second sheet and may need rotation; crowding changes the result.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Reheat a portion to 165°F/74°C throughout. Freeze promptly cooled vegetables and beans for up to 1 month and thaw in the refrigerator; carrots soften. Keep bread separately dry or freeze it separately.