# Simplify Summer Cooking with Easy Traybakes



### Simplify Summer Cooking with Easy Traybakes

In collaboration with Sorted Food, this month's **Budget Bites** column presents three easy and flavorful summer traybakes designed to minimize time in the kitchen and reduce washing up.

#### Chicken, Chorizo and Red Pepper Traybake with Aioli

**Ingredients:**  
- 600g white potatoes  
- 2 red bell peppers  
- 1 red onion  
- 100g chorizo  
- 4 chicken thighs  
- 3 tbsp olive oil  
- 3 tbsp mayonnaise  
- 1 garlic clove  
- 15g fresh parsley

**Method:**  
1. Preheat oven to 200C.  
2. Prepare vegetables and chorizo, and mix with chicken thighs on a tray.  
3. Toss in oil and roast for 25-30 minutes.  
4. Make aioli by combining mayonnaise, grated garlic, and chopped parsley.  
5. Serve traybake with aioli and parsley garnish.

#### Sweetcorn, Spiced Black Bean and Chorizo Traybake

**Ingredients:**  
- 125g chorizo  
- 400g tinned black beans  
- 400g tinned chopped tomatoes  
- 250g cooked brown rice  
- 2 tsp smoked paprika  
- 2 tsp ground cumin  
- 1 tsp caster sugar  
- 2 corn on the cobs  
- 2 tbsp vegetable oil  
- 1 lime  
- 15g fresh parsley  
- 100g feta

**Method:**  
1. Preheat oven to 200C.  
2. Mix chorizo, beans, tomatoes, rice, spices, and sugar in a roasting tray.  
3. Nestle corn cobs, drizzle with oil, and bake for 12-15 minutes.  
4. Garnish with feta, parsley, and lime wedges before serving.

#### Salmon, Watercress and Orzo Traybake

**Ingredients:**  
- 250ml whole milk  
- 1 chicken stock cube  
- 1 garlic clove  
- 80g watercress  
- 200g orzo  
- 2 salmon fillets  
- 100g feta

**Method:**  
1. Preheat oven to 200C.  
2. Blend milk, stock cube, garlic, and 60g watercress.  
3. Mix this blend with orzo in a baking dish, cover, and bake for 20 minutes.  
4. Add salmon fillets and bake for an additional 8-10 minutes.  
5. Garnish with remaining watercress and crumbled feta.

These traybakes offer a practical way to enjoy summer flavors with minimal effort.