# Simplify Summer Cooking with Easy Traybakes



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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.