

ONE PAN, SLOW SUNDAYS

Simple food for unhurried days



MIA BELLINI

Less washing. More lunch.

A one-pan meal is not a competition to use the fewest utensils. It is a way to keep the cooking manageable so there is time to sit down afterward. A knife, a board and a good roasting dish can do a great deal.

Begin with ingredients that cook at similar speeds, or add them in stages. Dense vegetables need a head start. Tender leaves belong near the end. Beans can warm in the juices while something crisp finishes on top.

Taste before serving. Roasted food often needs brightness: a squeeze of lemon, a spoonful of yogurt or a handful of fresh herbs. These small additions make a simple tray feel like a meal you chose, not one you settled for.

First recipe: blistered tomatoes and white beans

Serves 2 generously, or 4 alongside bread and salad.

02 / GATHER

Tomatoes & white beans

For the roasting dish: 500 g cherry tomatoes, 2 tablespoons olive oil, 2 peeled and lightly crushed garlic cloves, and 1 teaspoon dried oregano. Season with salt and black pepper to taste.

To add later: 2 cans of white beans, about 400 g each before draining. Drain and rinse them. Keep 60 ml water ready in case the pan needs a little more liquid.

To finish: half a lemon, a small handful of basil and a little extra olive oil. Bring crusty bread to the table for the juices. If you like, add crumbled feta after cooking.

Choose a dish that holds the tomatoes in roughly one layer. Crowding creates steam; a little space helps the skins blister. Heat the oven to 200 C before you begin.

Hands-on time: about 10 minutes

Oven time: about 35 minutes, depending on your dish.

03 / COOK

Let the oven do its part

1. Toss the tomatoes, oil, garlic and oregano in the roasting dish. Season lightly. Roast for about 20 minutes, until the tomatoes soften and some begin to split.
2. Stir in the drained beans. Add a splash of water if the dish looks dry. Return to the oven for 10 to 15 minutes, until the beans are piping hot and the tomatoes have released a glossy sauce.
3. Crush a few tomatoes with the back of a spoon. Add lemon juice a little at a time, tasting as you go. Tear over the basil and finish with a small drizzle of oil.

Serve at the table straight from the dish, using a heatproof mat. Offer bread and a crisp salad. Next time, try rosemary instead of oregano or add a handful of olives with the beans.

Taste for salt, acidity and enough sauce.

The bread is part of the plan.