



Greek vegetable medley – Briam

30'

Hands on

30'

Cook Time

6-8

Portion(s)

1

Difficulty



Ingredients

- 2 potatoes
- 1 eggplant
- 2 carrots
- 2 zucchinis
- 1 red bell pepper
- 1 yellow bell pepper
- 1 green bell pepper
- 1 onion
- 2 clove(s) of garlic
- 400 g tomatoes
- 2 tablespoon(s) tomato paste
- 100 g olive oil
- salt
- pepper
- 1 tablespoon(s) oregano
- 1 tablespoon(s) thyme
- 1 teaspoon(s) honey

To serve

- feta cheese
- oregano
- olive oil
- pepper
- bread

Method

- Preheat the oven to 180° C (350° F) set to fan.
- Cut the eggplant into 1 cm slices, the carrots and the zucchini into half-moons, and add them to a bowl.
- Cut the peppers into pieces and add them to the bowl.
- Cut the onion into four pieces and separate its layers. Add them to the bowl with the rest of the vegetables. Add the garlic finely chopped and set them aside.
- In another bowl grate the tomatoes, add the tomato paste and mix. Add 80 g olive oil, salt, pepper, the oregano, the thyme, the honey, and mix.
- Pour the sauce over the vegetables and mix. Transfer to a baking pan, add 20 g olive oil, and cover with aluminum foil.
- Roast for 30-40 minutes, uncover, and roast for another 20-30 minutes.
- Serve with feta cheese, oregano, olive oil, pepper, and bread.

Διατροφικός πίνακας

Nutrition information per portion

234 Calories (kcal)	13.0 Total Fat (g)	1.9 Saturated Fat (g)	22.0 Total Carbs (g)
12%	19%	10%	8%
12.0 Sugars (g)	3.4 Protein (g)	6.0 Fibre (g)	0.16 Sodium (g)
13%	7%	24%	3%