GREEK · DINNER · SIDE

Briam: Greek Roasted Potatoes, Zucchini and Tomato

95 min · Serves 6 · 266 kcal a serve · Video 7:13 · The Mediterranean Dish

Vegan · Gluten-free ingredients · No nuts listed

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An all-vegetable main: potatoes, zucchini, onion and tomato give each serve plenty of vitamin C, potassium and fibre, roasted with olive oil and herbs rather than cheese or cream.

Diet notes: Low saturated fat (1.7 g, 6% of the energy); DASH-friendly (580 mg sodium a serve).

Ingredients 11 · SERVES 6

- [ ] 1¼ lb **gold potatoes** (about 3 medium), peeled and thinly sliced into rounds
- [ ] 1¼ lb **zucchini** (2–3), sliced into rounds
- [ ] 1 large **red onion** (or 2 smaller), sliced into rounds
- [ ] **kosher salt**, to taste (a big dash, plus a pinch on top)
- [ ] **black pepper**, a big dash
- [ ] 2 tsp **dried oregano**
- [ ] 1 scant tsp **dried rosemary**
- [ ] ½ cup chopped **fresh parsley**
- [ ] 4 **garlic** cloves, minced
- [ ] about ¼ cup extra **virgin olive oil** for tossing, plus a little for the pan and drizzling (about 5 tbsp in total)
- [ ] 1 × 28 oz can diced **tomatoes** with juice

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 400°F. Peel the potatoes and slice them, the zucchini and the red onion into thin rounds (about ¼ inch). 0:20
2. Toss the potatoes and zucchini in a large bowl with salt, pepper, oregano, rosemary, garlic, parsley and a generous drizzle of olive oil until well coated. 1:57
3. Oil a large ovenproof pan or baking dish and spread half the canned tomatoes over the base. 3:06
4. Arrange the slices upright in rows, alternating potato, zucchini and onion. Pour anything left in the bowl over the top. 3:33
5. Spoon the remaining tomatoes over the vegetables, add a pinch of salt and a drizzle of oil. Cover with foil and roast 45 minutes. 5:09
6. Uncover, drizzle with a little more oil and roast another 30–40 minutes until everything is tender and charred at the edges. Serve with bread or rice. 5:44

> **Tip** Add sliced eggplant or other summer vegetables if you have them. Serve with a block of feta or a spoon of Greek yoghurt for protein. Good warm or at room temperature.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
266 kcal	**6.3** g	**37** g	**6.6** g	**12** g	**580** mg
1,110 kJ	13% of a day	30 g net · 10 g sugars	24% of a day	1.7 g saturated	25% of a day
		13% of a day		16% of a day	

Energy from net carbs 47% · protein 10% · fat 43%

High in (20%+ of a day) Vitamin K 96% · Vitamin C 55% · Vitamin B6 38% · Potassium 26% · Iron 22% · Vitamin E 22% · Folate 21%

Source of (10–19%) Magnesium 17% · Zinc 11% · Omega-3 10%

Recipe and video: The Mediterranean Dish (@TheMediterraneanDish) on YouTube — youtube.com/watch?v=Zxq7cSO06mU, published 16 August 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/greek-briam