Low-Carb Vegetarian Greek Briam

Hands-on 30 minutes Overall 45 minutes

Nutritional values (per serving): Total carbs: 13.9 g, Fiber: 4.7 g, **Net carbs: 9.3 g**, Protein: 8.7 g, Fat: 35.8 g, Calories: 400 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 6 servings)

1 small white or yellow onion, sliced (70 g/ 2.5 oz)

2 cloves garlic, minced

1/4 cup ghee (55 g/ 1.9 oz)

1 medium eggplant, diced (250 g/ 8.8 oz)

1/2 medium cauliflower, chopped (250 g/ 8.8 oz)

1/2 medium broccoli, chopped (150 g/ 3.5 oz)

1 medium green pepper, sliced (120 g/ 4.2 oz)

3 medium tomatoes, chopped (300 g/ 10.6 oz)

1/4 cup vegetable stock *or* water (60 ml/ 2 fl oz)

2 small zucchini, sliced (300 g/ 10.6 oz)

1/4 cup chopped parsley

1 tbsp chopped oregano *or* 1 tsp dried oregano

1/4 tsp salt or to taste (I like Himalayan salt)

freshly ground black pepper

1 1/2 cup crumbled feta cheese (225 g/ 8 oz)

1/2 cup extra virgin olive oil (120 ml/ 4 fl oz)

Instructions

1. Peel and slice the onion and crush the garlic. Place in a large casserole dish greased with ghee and cook over a medium-high heat for about 5 minutes or until fragrant and lightly browned.
2. Meanwhile, dice the eggplant into about 1/2-inch (1 cm) pieces. Once the onion & garlic are browned, add the eggplant. Cover with a lid, lower the heat to medium-low and cook for 3-5 minutes.
3. Meanwhile, cut the cauliflower and broccoli into small florets. Peel and slice the stalks ...
4. ... and add all to the casserole dish. Mix and keep cooking covered with a lid for 3-5 minutes. Slice the green pepper, ...
5. ... and roughly chop the tomatoes. Add both to the casserole dish, pour in vegetable stock or water, mix and cover with a lid. Cook for another 5 minutes.
6. Meanwhile, slice the zucchini. Add the slices to the dish and mix. Cover with a lid and cook for 5-10 minutes or until the zucchini is tender.
7. Add freshly chopped parsley and oregano, salt and pepper. Leave some parsley for garnish. Mix and top with crumbled feta cheese.
8. Place under a preheated broiler and cook for about 5 minutes or until the feta is lightly browned. Place on a cooling rack and leave to rest for 5 minutes. Finally, garnish with the reserved parsley and drizzle with olive oil. Enjoy hot or cold!

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