

Roast "Notatoes" with Garlic and Feta

Hands-on 5 minutes Overall 40 minutes

Nutritional values (per serving, side): Total carbs: 9.6 g, Fiber: 2.6 g, **Net carbs: 7.1 g,**

Protein: 5.7 g, Fat: 14.7 g, Calories: 187 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 6 side servings)

- 1 large celeriac, peeled (250 g/ 8.8 oz)
- 1 small cauliflower (400 g/ 14.1 oz)
- 4 garlic cloves
- 4 tbsp [extra virgin olive oil](#) or melted butter (60 ml/ 2 fl oz)
- 2 tsp dried oregano
- 3 tbsp fresh rosemary or 1 tsp dried rosemary
- 1 tsp fresh thyme or 1/2 tsp dried thyme
- 1 cup crumbled feta cheese (150 g/ 5.3 oz)
- 1/2 tsp sea salt
- 1/4 tsp cracked black pepper
- fresh oregano or herbs of choice for garnish

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Instructions

1. Preheat the oven to 190 °C/ 375 °F (fan assisted) 210 °C/ 410 °F.
Cub the celeriac into about about 2 cm/ 0.8 inch cubes. Cut the celeriac into small florets. Peel and finely chop the garlic.
2. Add the chopped celeriac, cauliflower and garlic cloves to a baking tray. Add the herbs and butter or olive oil, season with salt and pepper and toss well.
3. Roast in the oven for 30 - 35 minutes until golden. Top with fresh oregano and feta.
4. Tastes best when served fresh, but can be stored in the fridge for up to 3 days.
5. Enjoy as a side dish or a light dinner, or double the serving for a full satisfying meal.

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