



GREECE

DINNER

PRINTABLE RECIPE PDF

Greek Briam

Briam is a traditional Greek dish that embodies the flavors of the Mediterranean, showcasing seasonal vegetables. It is often prepared during the summer months when

PREP

20 min

COOK

40 min

SERVINGS

4

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- 4 medium potatoes - peeled and sliced
- 2 medium zucchini - sliced
- 2 medium eggplants - sliced
- 1 large onion - sliced
- 3 cloves garlic - minced
- 4 medium tomatoes - chopped or canned
- 1/4 cup olive oil - plus extra for drizzling
- 1 teaspoon dried oregano - or to taste

WHY THIS WORKS

About this recipe

A printable Greek Briam recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Briam is a traditional Greek dish that embodies the flavors of the Mediterranean, showcasing seasonal vegetables. It is often prepared during the summer months when fresh produce is abundant, symbolizing the Greek philosophy of

ORIGIN & TRADITION

Mediterranean context

Briam is a traditional Greek dish that embodies the flavors of the Mediterranean, showcasing seasonal vegetables. It is often prepared during the summer months when fresh produce is abundant, symbolizing the Greek philosophy of using simple, wholesome ingredients to create comfort food.

METHOD

Step-by-step instructions

1

Preheat your oven to 180°C (350°F). In a large baking dish, arrange layers of potatoes, zucchini, eggplants, and onions evenly, adding the minced garlic as you layer.

2

In a bowl, mix the chopped tomatoes with olive oil, oregano, salt, and pepper. Pour this mixture over the arranged vegetables, ensuring everything is well coated. Drizzle extra olive oil on top and cover with foil.

3

Bake in the preheated oven for about 40 minutes, removing the foil in the last 10 minutes to allow the top to become slightly crispy.

CHEF'S TIP

For an authentic flavor, use a mix of seasonal vegetables and feel free to experiment with herbs like thyme or basil based on your preference.

NUTRITION PER SERVING (EST.)

Calories	220 kcal	Fat	10 g
Protein	3 g	Fiber	6 g
Carbohydrates	30 g	Sodium	250 mg

SERVING SUGGESTION

Serve Briam warm, drizzled with additional olive oil, alongside crusty bread and a glass of local wine for a complete Mediterranean meal.

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