

## Garlic Roasted Radishes

You'll only need a few ingredients to make this roasted radishes recipe, and you can easily substitute some of the ingredients.



### Ingredients to make Roasted Radishes

- **0.5kg fresh globe radishes**
- **Butter** – or you can use ghee, or substitute coconut oil or avocado oil to make this a vegan recipe
- **Sea salt** – any salt will do, but we like flaky sea salt for this recipe
- **Ground black pepper**
- **Garlic cloves** – or substitute 1/4 teaspoon garlic powder for the 2 garlic cloves
- **Dried parsley** – or use dried chives or dried dill

### Method

STEP 1 - Preheat the oven to 220°C. Chop the radishes into chunks and mix with the oil / butter and salt and pepper. Place in a roasting tin and roast for 20-25 minutes.

STEP 2 – Remove the tin from the oven and add the garlic and parsley and stir through. Return to the oven for another 5 minutes.

STEP 3 – Drizzle with a dressing of your choice and serve.

- Garlic Roasted Radishes are a delicious low-carb side dish to enjoy throughout the spring and summer. We love to serve them alongside grilled meats and chicken. Another favourite way to enjoy these Garlic Roasted Radishes is by adding them to a salad along with sliced chicken, avocado, sliced almonds, and green onions, then toss it all with a citrus vinaigrette. Is your mouth watering yet?



Recipe from *The Real Food Dieticians* brought to you by