



Everything Herbal

by Cheryl Jabz



Garlic Nettle Potatoes

~ Savory • Nourishing • Herbal Side Dish ~

~ DESCRIPTION ~

A rustic, herb-infused potato side dish featuring nutritious nettle leaves, roasted garlic, and golden potatoes. Nettles add an earthy flavor similar to spinach, while garlic provides rich savory depth.

~ BENEFITS ~

Nettle provides vitamins A, C, and K, plus minerals such as iron and magnesium. Garlic contains beneficial sulfur compounds and antioxidants. Potatoes supply potassium, fiber, and satisfying complex carbohydrates. A flavorful way to add more herbs and greens to your meal.

~ INGREDIENTS ~

- 2 pounds Yukon Gold potatoes, cut into 1-inch chunks
- 1 cup young nettle leaves
- 4 cloves garlic, minced
- 2 tablespoons olive oil
- 1 tablespoon butter
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon dried thyme
- 1/2 teaspoon paprika
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- 2 tablespoons grated Parmesan cheese (optional)



Tip: Always wear gloves when handling raw nettles, and blanch them before using to remove the sting.

~ INSTRUCTIONS ~

- 1 Wear gloves while handling raw nettles. Rinse thoroughly.
- 2 Blanch in boiling water for 1 minute. Drain, cool, squeeze dry, and chop finely.
- 3 Preheat oven to 425°F (220°C).
- 4 Toss potatoes with olive oil, thyme, paprika, salt, and pepper.
- 5 Spread on a baking sheet in a single layer and roast for 30–35 minutes, turning halfway through, until golden brown.
- 6 Melt butter in a large skillet over medium heat.
- 7 Add minced garlic and cook for about 1 minute until fragrant.
- 8 Stir in chopped nettles and cook for 2–3 minutes.
- 9 Add the roasted potatoes and toss well to coat.
- 10 Sprinkle with parsley and Parmesan cheese, if desired. Serve hot.



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