

Soul Soothing Garlic Herb Roasted Potatoes

A simple, warm dish that calms the heart and comforts the soul with tender roasted potatoes, fragrant garlic, and peaceful herbs. Perfect for quiet moments when you need a gentle reminder to breathe and rest.


35 min

Total time

Easy

Difficulty

220

kcal / serving

Ingredients

- 1 medium potato
- 1 clove garlic, thinly sliced
- 1 tablespoon olive oil
- Pinch of dried thyme
- Pinch of dried rosemary
- Salt, to taste
- Freshly ground black pepper, to taste

Steps

- 1 Preheat your oven to 400°F (200°C).
- 2 Wash and dry the potato, then cut it into small cubes.
- 3 In a mixing bowl, toss the potato cubes with olive oil, sliced garlic, thyme, rosemary, salt, and pepper until evenly coated.
- 4 Spread the potatoes in a single layer on a baking sheet lined with parchment paper.
- 5 Place the baking sheet in the oven and roast for about 25–30 minutes, turning halfway through, until the potatoes are golden and tender.
- 6 While the potatoes cook, take slow, deep breaths to relax your mind.
- 7 When done, remove from the oven and let cool for a moment before serving.
- 8 Savor each bite slowly, allowing the warmth and fragrance to soothe you.