MOROCCAN · SIDE

Taktouka: Moroccan Roasted Pepper and Tomato Salad

تكتوكة

30 min · Serves 1 · 184 kcal a serve · Video 3:32 · cookingwithalia

Vegan · Paleo · Gluten-free ingredients · No nuts listed

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A cooked salad of roasted green pepper and tomato in olive oil, with no sugar: 10 g net carbs and plenty of vitamin C.

Diet notes: Keto (9.9 g net carbs a serve); Low saturated fat (1.9 g, 9% of the energy); DASH-friendly with less salt: up to a pinch a serve.

Ingredients 7 · SERVES 1

- [ ] 1 **green bell pepper**
- [ ] 1 medium **ripe red tomato**, peeled, seeded and chopped
- [ ] 1 tbsp **olive oil**
- [ ] 2 **garlic** cloves, crushed
- [ ] ¼ tsp **paprika**, plus cayenne pepper to taste
- [ ] ¼ tsp **ground cumin**
- [ ] **salt**, to taste

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Roast the pepper directly over a low gas flame, or in the oven at 200 °C, until soft and charred. Seal it in a bag for 5 minutes to steam. 1:03
2. Meanwhile peel the tomato, remove the seeds and chop the pulp finely. 1:35
3. Warm the olive oil in a small pan, add the tomato and cook on medium heat about 10 minutes until soft. Stir in the cumin, cayenne, paprika, salt and crushed garlic. 1:54
4. Scrape the skin off the pepper, remove the seeds and slice it into thin strips. 2:22
5. Add the pepper to the tomato and cook 10 minutes more. Serve warm or cold. 3:02

> **Tip** The recipe is for one; multiply as needed. Dada Rkiya serves it with crusty bread (not in the numbers); it is also good with grilled fish or eggs.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
184 kcal	3 g	14 g	4.4 g	14 g	400 mg
770 kJ	6% of a day	9.9 g net · 7 g sugars	16% of a day	1.9 g saturated	17% of a day
		5% of a day		18% of a day	

Energy from net carbs 22% · protein 7% · fat 71% — fits keto: 9.9 g net carbs, 71% of the energy from fat

High in (20%+ of a day) Vitamin C 155% · Vitamin B6 30% · Vitamin K 25% · Vitamin E 22%

Source of (10–19%) Potassium 13% · Vitamin A 11%

Recipe and video: cookingwithalia on YouTube — youtube.com/watch?v=kMqEJPM8rG4. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/taktouka-moroccan-pepper-tomato