ISRAELI · SIDE · SNACK

Matbucha (Slow-Cooked Tomato and Roasted Chilli Salad)

מטבוחה

200 min · Makes 8 × ¼ cup (about 60 g) · 152 kcal a portion

Video 9:02 in Hebrew · Heninthekitchen

Vegan · Gluten-free ingredients · Nut-free

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A ¼-cup serve has 5 g net carbs and only 1 g added sugar: tomatoes, garlic and roasted green chillies slow-cooked in oil, and a good source of vitamins C and E.

Diet notes: Keto (5.3 g net carbs a serve).

Ingredients

8 · MAKES 8 × ¼ CUP (ABOUT 60 G)

- [ ] 10 **tomatoes** (about 1 kg), peeled and diced
- [ ] 5–6 **garlic** cloves, crushed
- [ ] 2 **hot green peppers**, roasted and peeled
- [ ] 120 ml **oil**
- [ ] 1 tbsp **Moroccan paprika** in oil (or sweet paprika)
- [ ] 2 tsp **sugar**
- [ ] ¼ tsp **ground white pepper**
- [ ] 1 tsp **salt**

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

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Char the hot peppers directly over a gas flame (or in a 200 °C oven) until the skins are black, then put them in a bowl, cover with cling film and leave to cool. 1:14
2. Peel the tomatoes with a serrated peeler, or cut a cross in each, cover with boiling water for 5 minutes and slip off the skins. Dice them. 1:45
3. Heat about 2 tbsp of the oil in a heavy medium pot over medium heat and fry the garlic for 30–60 seconds without letting it colour. 3:15
4. Add the tomatoes. When they bubble, turn the heat to the lowest flame and cook about 1 hour, until almost all their liquid has evaporated. 3:57
5. Peel and dice the peppers (seed them for less heat). Add them to the pot with the rest of the oil, the paprika, sugar, white pepper and salt, and cook on low for 1½–2 hours, stirring now and then, until thick like jam. 4:45
6. Spoon into a sealed container and keep in the fridge for up to 2 weeks; serve cold or at room temperature. 6:40

> **Tip** Makes about 470 ml. Part of the Friday-night salads (salatim) in Israel, eaten with challah or pita; it also makes a quick shakshuka base. Use olive oil if you prefer.

The method is a summary in our words, in English — the video (in Hebrew) shows every step.

One portion, ¼ cup (about 60 g), gives you

1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
152 kcal	1.4 g	7.3 g	2 g	14 g	300 mg
640 kJ	3% of a day	5.3 g net · 4.5 g sugars	7% of a day	1 g saturated	13% of a day
		3% of a day		18% of a day	

Energy from net carbs 14% · protein 4% · fat 82% — fits keto: 5.3 g net carbs, 82% of the energy from fat

High in (20%+ of a day) Omega-3 77% · Vitamin C 25% · Vitamin E 23%

Source of (10–19%) Vitamin K 18%

Recipe and video: Heninthekitchen (@heninthekitchen) on YouTube — youtube.com/watch?v=oCneNFCM120, published 16 August 2017. 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/matbucha-tomato-pepper-salad