NORTH AFRICAN · SNACK · SIDE

Zaalouk (Moroccan Eggplant and Tomato Dip)

65 min · Makes 6 × about ½ cup · 67 kcal a portion · Video 3:36 · cookingwithalia

Vegan · Gluten-free ingredients · Nut-free

Mostly eggplant and tomato, cooked down with spices, herbs and a little olive oil: vegan, about 65 kcal and 3.5 g of fibre a serve, and rich in vitamin K from the fresh parsley and coriander.

Diet notes: Low carb (4.8 g net carbs) but not keto: 51% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients

11 · MAKES 6 × ABOUT ½ CUP

- [ ] 1 large **eggplant** (about 1 lb), partly peeled and diced
- [ ] ½ tsp **salt**, plus a little for the cooking water
- [ ] 1–2 tbsp **olive oil**
- [ ] 3 **tomatoes** (about 1 lb), peeled and diced
- [ ] 1 tsp **crushed garlic**
- [ ] 1 tsp **paprika**
- [ ] 1 tsp **ground cumin**
- [ ] ¼ tsp **black pepper**
- [ ] ¼ cup chopped **parsley**
- [ ] ¼ cup chopped **coriander** (cilantro)
- [ ] 1 tsp **vinegar**

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. Peel the eggplant fully, partly (in stripes) or not at all, as you like, and cut it into cubes. 1:03
2. Simmer the eggplant in salted water over medium heat for 30 minutes. Drain well and press it with a spoon to squeeze out the excess water. 1:42
3. Drizzle the olive oil into a pan and add the tomatoes, eggplant, garlic, paprika, cumin, salt, pepper, parsley and coriander. Stir to combine. 2:04
4. Cook over medium heat for 20–30 minutes, crushing the eggplant and tomatoes with the spoon as they soften, until thick and mostly smooth. 2:35
5. Stir in the vinegar. Serve warm or cold; in Morocco it is scooped up with bread. 3:05

> **Tip** The cook doesn't give a serving number; we count 6 serves of about ½ cup (our estimate). In Morocco it's scooped up with bread; raw vegetables keep it gluten-free. Keeps 3–4 days in the fridge.

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

One portion (about ½ cup) gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
67 kcal 280 kJ	**1.7** g 3% of a day	**8.3** g 4.8 g net · 4.7 g sugars 3% of a day	**3.5** g 12% of a day	**3.8** g 0.5 g saturated 5% of a day	**270** mg 12% of a day

Energy from net carbs 32% · protein 11% · fat 57%

High in (20%+ of a day) Vitamin K 45%

Source of (10–19%) Vitamin C 18%

Recipe and video: cookingwithalia (@cookingwithalia) on YouTube — youtube.com/watch?v=hMDynTE1XAA, published 17 January 2009. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/zaalouk-eggplant-tomato-dip