

Tchakchouka

Preparation time: 20 minutes

Cooking time: 35 minutes

Ingredients (for one person):

- 1 medium green pepper
- 1 large tomato
- 1 garlic clove
- A small bouquet of fresh parsley and coriander
- 1 teaspoon of paprika
- 2 tablespoons of olive oil
- 1 teaspoon of cumin
- 1 pinch of ginger
- 1 pinch of turmeric
- 1 pinch of hot chilli pepper
- 1 pinch of salt

Preparation

Peel, take the seeds out of the tomato and cut it in small pieces. Also cut the pepper in small pieces by taking care of removing pips. Chop finely and paste the clove of garlic and finely chop the bouquet of fresh parsley and coriander.

Place the peppers in a saucepan then add the spices: a pinch of salt, ginger, turmeric, the paprika, the hot chilli to taste and the chopped parsley, coriander and garlic. Pour two tablespoons of olive oil and mix well with a wooden spatula.

Put the saucepan on a low heat, cover and let reduce approximately 35 minutes. Keep moving from time to time. The salad has to cook until the pieces of tomato form a purée and until the whole juice has evaporated.

Once the peppers are cooked, switch off the fire then add a teaspoon of cumin. Mix well and serve. Tchakchouka is a salad which can be served warm or cold.

Enjoy!