



MOROCCO

APPETIZER

[PRINTABLE RECIPE PDF](#)

Moroccan Taktouka

Taktouka is a traditional Moroccan dish that showcases the vibrant flavors of roasted bell peppers and tomatoes. Often served as an appetizer, it reflects the

PREP

15 min

COOK

30 min

SERVINGS

4

DIFFICULTY

Medium

SHOPPING LIST

Ingredients

- 4 large bell peppers - preferably a mix of red, green, and yellow for color
- 3 medium ripe tomatoes - peeled and chopped
- 4 cloves garlic - minced
- 1 tsp ground cumin
- 1 tsp paprika
- 2 tbsp olive oil - plus more for drizzling
- 1 tbsp fresh parsley - chopped for garnish
- 1 tsp salt
- 1 tsp black pepper

WHY THIS WORKS

About this recipe

A printable Moroccan Taktouka recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Taktouka is a traditional Moroccan dish that showcases the vibrant flavors of roasted bell peppers and tomatoes. Often served as an appetizer, it reflects the North African love for fresh produce and herbs, making it a staple

ORIGIN & TRADITION

Mediterranean context

Taktouka is a traditional Moroccan dish that showcases the vibrant flavors of roasted bell peppers and tomatoes. Often served as an appetizer, it reflects the North African love for fresh produce and herbs, making it a staple in Moroccan cuisine.

METHOD

Step-by-step instructions

1

Preheat your oven to 450°F (230°C). Place the whole bell peppers on a baking sheet and roast them in the oven for about 20-25 minutes, turning occasionally until the skins are blistered and blackened. Remove from the oven and let them cool in a bowl covered with plastic wrap.

2

Once the peppers are cool, peel off the skins, remove the seeds, and chop them into small pieces. In a skillet over medium heat, heat the olive oil and sauté the minced garlic until fragrant. Add the chopped tomatoes, cumin, paprika, salt, and pepper. Cook for about 10 minutes until the mixture thickens slightly.

3

Stir in the chopped roasted peppers and mix well. Allow the mixture to cook together for another 5 minutes, then remove from heat. Let it cool slightly before transferring to a serving dish. Drizzle with extra olive oil and garnish with fresh parsley before serving.

CHEF'S TIP

For an authentic flavor, consider grilling the peppers over an open flame instead of roasting them in the oven for a more pronounced smoky taste.

NUTRITION PER SERVING (EST.)

Calories	120 kcal	Fat	6 g
Protein	2 g	Fiber	4 g
Carbohydrates	15 g	Sodium	250 mg

SERVING SUGGESTION

Serve Taktouka warm or at room temperature with crusty bread or pita for dipping. It pairs beautifully with a refreshing mint tea or a light red wine.

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