



MOROCCO

APPETIZER

PRINTABLE RECIPE PDF

Moroccan Zaalouk

Zaalouk is a classic Moroccan dish that highlights the diversity of the region's flavors and ingredients. It is a warm eggplant and tomato salad that is often

PREP

15 min

COOK

30 min

SERVINGS

4

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- 2 medium eggplants - charred and peeled
- 3 medium ripe tomatoes - chopped
- 3 cloves garlic - minced
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1/4 cup olive oil
- 3 tablespoons fresh cilantro - chopped
- 1 teaspoon salt
- 1/2 teaspoon black pepper

WHY THIS WORKS

About this recipe

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

MEDITERRANEAN NOTE

Zaalouk is a classic Moroccan dish that highlights the diversity of the region's flavors and ingredients. It is a warm eggplant and tomato salad that is often served as a dip, showcasing the influence of Mediterranean and

ORIGIN & TRADITION

Mediterranean context

Zaalouk is a classic Moroccan dish that highlights the diversity of the region's flavors and ingredients. It is a warm eggplant and tomato salad that is often served as a dip, showcasing the influence of Mediterranean and Berber cuisines.

METHOD

Step-by-step instructions

1

Begin by charring the eggplants over an open flame or grill until the skin is blackened and the flesh is soft. Once cooled, peel the skin off and chop the flesh into small pieces.

2

In a large skillet, heat the olive oil over medium heat. Add the minced garlic and sauté for about a minute until fragrant. Then, add the chopped tomatoes, cumin, smoked paprika, salt, and pepper. Cook until the tomatoes break down into a sauce, about 10 minutes.

3

Stir in the chopped eggplant and continue to cook for an additional 10-15 minutes, stirring occasionally until the mixture is thick and well combined. Adjust seasoning to taste and stir in the fresh cilantro just before serving.

CHEF'S TIP

For an authentic smoky flavor, ensure the eggplants are charred thoroughly, and let them rest covered for a few minutes to enhance the smokiness.

NUTRITION PER SERVING (EST.)

Calories	120 kcal	Fat	8 g
Protein	2 g	Fiber	4 g
Carbohydrates	10 g	Sodium	150 mg

SERVING SUGGESTION

Serve warm with crusty bread or pita, alongside olives and a drizzle of olive oil for a true Moroccan appetizer experience.

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