



Tunisian Tuna-and-Egg Turnover



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 tablespoons capers drained coarsely chopped
- ☐ 1 egg whites
- ☐ 0.3 cup parsley fresh chopped
- ☐ 6 servings lemon wedges
- ☐ 2 tablespoons olive oil extra virgin extra-virgin for brushing
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup spring onion chopped

- ☐ 6 8-inch you will also need: parchment paper (-square)
- ☐ 6 ounce tuna in olive oil drained canned
- ☐ 3 cups vegetable oil
- ☐ 1 tablespoon water
- ☐ 6 medium eggs whole (preferably medium)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ kitchen thermometer
- ☐ spatula

Directions

- ☐ Mash together tuna, scallions, parsley, capers, olive oil, salt, and pepper in a bowl until tuna is broken up and mixture is combined well.
- ☐ Stir together egg white and water in a cup with a fork.
- ☐ Put oven racks in upper and lower thirds of oven and preheat oven to 200°F.
- ☐ Heat 1/2 inch vegetable oil in a 12-inch heavy skillet until it registers 350°F on thermometer.
- ☐ While vegetable oil is heating, arrange 2 spring-roll wrappers on a work surface and brush centers lightly with olive oil (do not oil edges). Leaving a 1-inch border all around, put 2 tablespoons tuna mixture near lower right corner of 1 wrapper and form mixture into a ring (about 1/2 inch high and 3 inches in diameter) to contain egg.
- ☐ Repeat procedure with other wrapper.
- ☐ Brush edges of both wrappers with egg white mixture (use separate brushes for oil and for egg white), then break an egg inside each "ring" and season eggs lightly with salt and pepper. Fold top left corner of each wrapper over egg to form a triangle and press edges together to seal.

- ☐ Immediately lift 1 brik gently by tip of triangle and lower into oil, keeping long side of triangle in center of skillet. Repeat with second brik and fry briks, lapping oil over exposed wrappers with a metal spatula, until undersides are golden, about 1 minute. Flip each brik over sideways with aid of 2 metal spatulas, so long side of each triangle stays in center, then continue to fry, lapping exposed wrapper with oil, until wrapper is golden and egg is cooked but yolk is still runny, about 1 minute more.
- ☐ Transfer to paper towels to drain briefly, then put on a baking sheet and keep warm in oven while making remaining briks.
- ☐ Make more briks in same manner (using a second baking sheet for keeping last batches warm). Return oil to 350°F between batches.
- ☐ Serve briks warm.
- ☐ ·To take the temperature of a shallow amount of oil with a flat-framed metal deep-fat thermometer, put bulb of thermometer in skillet and turn thermometer facedown, resting other end (not plastic handle) against rim of skillet. Check temperature frequently.·Tuna mixture can be made 4 hours ahead and chilled, covered.·Each brik must be fried shortly after cracking egg onto wrapper so wrapper does not become too soggy to lift.·You may want to fully cook the yolks if salmonella is a problem in your area.

Nutrition Facts



Properties

Glycemic Index:20.25, Glycemic Load:0.11, Inflammation Score:-5, Nutrition Score:14.57608703945%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 361.72kcal (18.09%), Fat: 33.05g (50.85%), Saturated Fat: 5.79g (36.21%), Carbohydrates: 1.64g (0.55%), Net Carbohydrates: 1.32g (0.48%), Sugar: 0.35g (0.39%), Cholesterol: 168.87mg (56.29%), Sodium: 349.03mg (15.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.65g (29.31%), Vitamin K: 105.76µg (100.72%),

Selenium: 36.4µg (51.99%), Vitamin E: 3.23mg (21.5%), Vitamin D: 2.78µg (18.53%), Vitamin B3: 3.68mg (18.39%), Phosphorus: 180.33mg (18.03%), Vitamin B12: 1.02µg (17%), Vitamin B2: 0.27mg (15.87%), Vitamin A: 515.15IU (10.3%), Iron: 1.5mg (8.32%), Vitamin B5: 0.81mg (8.06%), Folate: 30.21µg (7.55%), Zinc: 0.88mg (5.89%), Vitamin C: 4.72mg (5.73%), Vitamin B6: 0.11mg (5.64%), Potassium: 157.08mg (4.49%), Magnesium: 17.81mg (4.45%), Calcium: 37.21mg (3.72%), Copper: 0.07mg (3.55%), Vitamin B1: 0.04mg (2.6%), Manganese: 0.05mg (2.35%), Fiber: 0.32g (1.29%)