

Brik Tunisien

Brik Tunisien is a traditional Tunisian crispy pastry filled with a savory mix of egg, tuna, parsley, and capers. It's fried to golden perfection, offering a delightful combination of crunchy texture and rich flavors.



Tunisian

20 min

Total time

Medium

Difficulty

350

kcal / serving

Nutrition per serving (estimated)

Protein 19 g

Carbs 24 g

Fat 19 g

Fiber 1 g · Sugar 1 g · Sodium 650 mg

Ingredients

- 1 sheet of brik pastry (or filo dough)
 - 1 large egg
 - 50g canned tuna, drained
 - 1 tablespoon chopped fresh parsley
 - 1 teaspoon capers, chopped
- 1 teaspoon harissa (optional)
 - Salt and pepper to taste
 - Vegetable oil for frying
 - 1 lemon wedge (for serving)

Steps

- In a small bowl, mix the tuna, parsley, capers, harissa (if using), salt, and pepper.
- Lay the brik pastry flat on a clean surface.
- Place the tuna mixture in the center of the pastry.
- Carefully crack the egg over the tuna filling.
- Fold the pastry over to form a triangle or half-moon shape, sealing the edges by pressing gently.
- Heat vegetable oil in a frying pan over medium heat.
- Fry the brik for about 2-3 minutes on each side until golden and crispy.
- Remove from oil and drain on paper towels.
- Serve hot with a lemon wedge for squeezing over the top.

Substitutions

Brik pastry – Use one thin filo sheet, keeping it covered until needed so it does not dry out.

Canned tuna – Use an equal amount of drained canned sardines, flaked finely.

Capers – Use finely chopped green olives for a similar salty, briny note.

Harissa – Use a small amount of another chili paste with a similar heat level, or omit it.

Chef’s tips

- A crisp, evenly blistered shell with no pale, soft patches is a good visual cue; drain briefly so trapped oil does not soften it.
- Keep the filling compact and avoid overfilling; a crowded pastry is harder to seal and more likely to split around the egg.
- Have the folded pastry ready before frying, and cook in batches if needed so the oil stays lively and the shell browns evenly.

Drink pairing

A crisp, dry rosé

Its refreshing acidity and light body balance the fried pastry and savory tuna filling.

0% option: Sparkling water with a squeeze of lemon

Storage

Brik is best eaten fresh while crisp. Refrigerate leftovers within 2 hours and keep for 3–4 days; reheat until steaming hot, though the pastry may lose its crunch.

Frequently asked questions

How can I tell when the egg is cooked?

The white should look opaque and set. The yolk may remain soft, so take care when opening the pastry.

Why did my brik open while frying?

It may have been overfilled or the edges were not firmly pressed together. Keep the filling away from the border and handle the pastry gently.

Can I prepare brik ahead of time?

For the best crispness, fry just before serving. You can mix the tuna filling ahead and refrigerate it, then assemble shortly before cooking.