

Tunisian Ojja with Eggs and Spicy Harissa

Ojja is a traditional Tunisian dish featuring a spicy tomato and pepper sauce simmered with eggs. This one-person recipe delivers a flavorful, hearty meal with a perfect balance of heat and richness.



Tunisian

20 min

Total time

Easy

Difficulty

320

kcal / serving

Nutrition per serving (estimated)

Protein 14 g



Carbs 24 g



Fat 19 g



Fiber 5 g · Sugar 11 g · Sodium 720 mg

Ingredients

- 1 tbsp olive oil
- 1 small onion, finely chopped
- 1 garlic clove, minced
- 1 small green bell pepper, chopped
- 150g canned chopped tomatoes
- 1 tsp harissa paste (adjust to taste)
- 2 eggs
- Salt and pepper to taste
- Fresh cilantro or parsley for garnish

Substitutions

Green bell pepper – Use an equal amount of red bell pepper for a sweeter, less grassy flavor.

Fresh cilantro or parsley – Use the same amount of either cilantro or parsley in place of the other.

Canned chopped tomatoes – Use an equal amount of canned crushed tomatoes; the sauce may be slightly smoother.

Drink pairing

A dry rosé

Its crisp fruitiness complements the tomato and pepper while balancing the harissa's heat.

0% option: Sparkling water with a squeeze of lemon

Steps

- 1 Heat olive oil in a small skillet over medium heat.
- 2 Add chopped onion and garlic, sauté until softened.
- 3 Add chopped green bell pepper and cook for 2–3 minutes.
- 4 Stir in chopped tomatoes and harissa paste, simmer for 5 minutes until sauce thickens.
- 5 Season with salt and pepper.
- 6 Make two small wells in the sauce and crack eggs into each well.
- 7 Cover the pan and cook until eggs are just set (about 5 minutes).
- 8 Garnish with chopped cilantro or parsley and serve immediately.

Chef's tips

- The sauce should look thick enough to hold the eggs in place; if it seems watery, give it a little more time before adding them.
- For tender eggs with runny yolks, stop cooking as soon as the whites look opaque and set; residual heat will continue cooking them.
- A small skillet with a close-fitting lid helps the eggs cook evenly without drying out the sauce.

Storage

Refrigerate leftovers within 2 hours in a covered container and use within 3–4 days. Reheat until steaming hot; the eggs will become firmer.

Frequently asked questions

How can I tell when the eggs are set?

The whites should look opaque and hold their shape. Cook longer if you prefer firm yolks.

Can I make the sauce ahead?

Yes. Prepare the tomato and pepper sauce ahead and refrigerate it; add and cook the eggs just before serving.

What should I serve with ojja?

Warm crusty bread is a good choice for scooping up the spicy sauce and egg.