

Moroccan Scrambled Eggs with Roasted Pumpkin

Hands-on 10 minutes Overall 45 minutes

Nutritional values (per serving, scrambles made with 2 eggs + 2-3 slices pumpkin):

Total carbs: 8.4 g, Fiber: 1 g, **Net carbs: 7.4 g**, Protein: 17.7 g, Fat: 34.2 g, Calories: 411 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 2 servings)

Pumpkin “toasts”:

160 g pumpkin, cut into 4 to 6 slices (5.6 oz)

1/4 tsp smoked paprika

1/4 tsp ground cumin

1/4 tsp sea salt, or to taste

1 tbsp ghee or extra virgin olive oil (15 ml)

Scrambled eggs:

1 tbsp ghee or extra virgin olive oil (15 ml)

4 large eggs

1 tbsp heavy whipping cream (15 ml)

1/3 cup crumbled feta, divided (50 g/ 1.8 oz)

2 tbsp chopped parsley, plus more for garnish

1/8 tsp ground cumin

1/4 tsp sea salt, or to taste

1 tbsp Dukkah - *you can make your own Dukkah*

5. To serve, place one wedge on each plate, and add the eggs.

Top with chopped parsley, leftover feta and a sprinkle of dukkah. Serve immediately.

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Instructions

1. Preheat oven to 180 °C/ 355 °F (conventional), or 160 °C/ 320 °F (fan assisted). Mix the spices and salt together.
2. Cut the pumpkin into 1 cm (1/2 inch) thick slices, and brush with half the ghee and sprinkle with the spice mix. Bake 30 minutes, turning half way through.
3. Whisk the eggs with the cream, feta (reserve about 2 tablespoons of feta for topping) and add salt. Heat a pan on the stove and add the remaining ghee.
4. Pour in the eggs and swirl the pan to coat the bottom. Using a wooden spoon, gently push the edges into the middle of the pan. The uncooked runny eggs should spill out and coat the base of the pan. Repeat so that the eggs are just set, and then remove from heat.