mitmproxy Intercepting HTTP(S) proxy

CONCEPTS

Only intercept traffic from devices and apps you own or are explicitly authorised to inspect.

Three front ends share one engine: mitmproxy (TUI), mitmweb (browser UI) and mitmdump (no UI, scripts and files).

Client proxy set to :8080
↓ HTTP(S)
mitmproxy decrypts with its CA
↓ re-encrypted
Server real destination
Where mitmproxy sits

HTTPS only works once the client trusts the mitmproxy CA; browse to mitm.it through the proxy to install it.

Front ends

Tool	Use
`mitmproxy`	Interactive terminal UI
`mitmweb`	Web UI on :8081
`mitmdump`	Headless, like tcpdump for HTTP

FLOW LIST

j / k Move down / up

g / G Go to first / last flow

Enter Open the focused flow

q Back / leave current view

f Set the view filter

m Mark / unmark flow

d Delete flow from view

D Duplicate flow

z Clear the whole flow list

F Toggle focus follow (tail)

FLOW VIEW

Tab
Switch request / response / detail

e
Edit URL, header, body or method

FLOW VIEW (cont.)

m
Choose content view (JSON, hex...)

p / Space Previous / next flow

V Revert edits to flow

INTERCEPT AND REPLAY

i
Set intercept filter, e.g. ~u api & ~q

I Toggle intercept on / off

a Resume the intercepted flow

A Resume all intercepted flows

r Replay request to the server

x
Export flow (curl, httpie, raw...)

b Save response body to file

SAVE, LOAD, GLOBAL

w Save listed flows to file

L Load flows from file

E Open event log

O Open options

: Command prompt

B Launch an attached browser

? Context-sensitive help

Q Quit immediately

FILTER EXPRESSIONS

~u *<regex>*
Match URL

~d *<regex>*
Match domain

~m *<regex>*
Match method

~c *<code>*
Match response status code

FILTER EXPRESSIONS (cont.)

~h *<regex>*
Match any header

~b *<regex>*
Match any body

~t *<regex>*
Match Content-Type

! / & / | / ( )
Not, and, or, grouping

COMMAND LINE

mitmproxy -p *<port>*
Listen on another port

mitmweb
Web interface

mitmdump -w *<file>*
Record flows to file

mitmproxy -r *<file>*
Open a saved flow file

mitmdump "*<filter>***"**
Show only matching flows

--mode local[:*<app>***]**
Capture local apps by name or PID

--mode reverse:*<url>*
Front a single server

-s *<script.py>*
Load an addon script

--set *<option>*=*<value>*
Set any option

--ignore-hosts *<regex>*
Do not decrypt matching hosts

CERTIFICATES

http://mitm.it
Download CA via the proxy

~/.mitmproxy/mitmproxy-ca-cert.pem
CA certificate (non-Windows)

curl --cacert *<ca.pem>* **-x** *<proxy>* *<url>*
Trust CA for one curl call

The CA is generated per installation on first start. Remove it from devices when you finish testing.