

Zucchini masala



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For 3-4 servings:

2 zucchini

1 tablespoon oil

$\frac{1}{2}$ teaspoon cumin seeds

$\frac{1}{2}$ teaspoon mustard seeds

$\frac{1}{4}$ teaspoon fennel seeds

$\frac{1}{2}$ teaspoon garam masala

fresh chilli / chill powder (to taste)

$\frac{1}{4}$ teaspoon turmeric

1 teaspoon raw sugar

salt

Wash the zucchini, cut them in half, lengthwise and then into slices of approx. 0.5 cm.

Heat the oil in a pan and add mustard, cumin and fennel seeds. Fry for 2-3 minutes until they begin to pop. Add the zucchini and cook, stirring occasionally, being careful that they do not stick to the pan.

When the zucchini have softened slightly add the remaining spices and salt to taste. Continue cooking for approx. 4-5 minutes. The zucchini must be firm, crunchy.

Serve with basmati rice/[biryani](#) and /or [naan bread](#).