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Courgette Tajin



Ingredients

2 cloves garlic, crushed
1tsp. ground cumin
1tsp. ground coriander
1tsp. garam masala
1 tsp. oil
18fl oz. water
1 low salt chicken cube
2tbsp. tomato puree
4 courgettes, cut into chunks
Juice of 1 lemon
1 bunch coriander

Preparation

1. Fry the garlic and spices in a casserole dish until fragrant. Add the water, stock, tomato puree and courgettes and cover. Simmer for 35 minutes. Drizzle lemon juice and coriander before serving.

Cooks Note

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