



---

Posted on 5 December 2012  
*by ewfood*

## 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

Find more recipes at <http://mydukandiet.com/> [6]

---