



zucchini and corn stir fry

Serving: 1

Veg

Ingredients

- 1 tsp oil
- 2 garlic (lehsun) cloves , crushed
- 1 tsp grated ginger (adrak)
- $\frac{1}{4}$ cup thinly sliced spring onions whites
- $\frac{1}{2}$ cup cooked sweet corn kernels (makai ke dane)
- $\frac{1}{2}$ cup zucchini slices , blanched
- 1 tbsp finely chopped mint leaves (phudina)
- 1 tbsp finely chopped basil
- salt to taste

Preparation Method

- -Heat the oil in a wok, add the garlic, ginger and spring onion whites and stir-fry for 2 to 3 minutes.
- -Add the sweet corn kernels, zucchini, basil leaves and salt and stir-fry for a few more minutes.
- -Serve immediately.