



Zucchini Kebabs

Serving: 1

Veg

Ingredients

- 1 tbsp Wheat flour OR 1 tbsp Poha OR 1 tbsp Ishabgul
- Onion (chopped)-1 small
- Zucchini (chopped)-1 big
- Cumin seed $\frac{1}{2}$ teaspoon
- coriander powder- $\frac{1}{2}$ tsp
- Garam masala powder- $\frac{1}{2}$ tsp
- Salt to taste
- Ginger (chopped)1 tsp
- Red/green capsicum
- Red chili powder- $\frac{1}{2}$ tsp
- Coriander powder $\frac{1}{2}$ tsp
- Oil- $\frac{1}{2}$ tsp

Preparation Method

- 1) Saute ginger and chillies for a minute.
- 2) Add chopped zucchinis and saute it.
- 3) Add red chilli powder, turmeric powder, coriander powder and garam masala and mix well.
- 4) Saute till the zucchinis are done.
- 5) Transfer this into a bowl, let it cool add onion and salt and cheese mix well and mash.
- 6) Heat a non-stick tawa drizzle oil.
- 7) Divide the mixture into portions, shape them into ball and flatten to make kebabs.
- 8) Take a hot pan shallow-fry the kebabs till it turn crispy and golden brown both the sides.
- 9) Place kebabs and garnish it with green and red capsicum.
- 10) Serve hot