

ZUCCHINI KOFTA CURRY

Servings: 4

DIRECTIONS

Step 1: To make the curry, heat the ghee in a pan and cook the onions for 15 minutes on a medium heat until they have a deep golden-brown color. Add in the green chili, garlic, and ginger and cook for another minute. Next, add in the tomatoes and the tomato paste. Then cover the pan and cook for 10 minutes on a low heat. Set aside to cool slightly.

Step 2: Once it's slightly cooled, blend the mixture in a blender, then pour it back in the same pan. Add the water, salt, sugar, and all of the spices to the mix. Cover again and cook for 5 minutes.

Step 3: To make the koftas, grate the zucchinis and squeeze out the excess liquid (I like to do this by wringing them out in a kitchen towel). Put the zucchinis into a bowl with the flour, salt, chili powder, and amchoor. Mix this together well - the mixture will start to come and bind together when you stir.

Step 4: Heat a flat griddle or skillet and add the oil. Shape the kofta mixture into 8 balls and lightly press them into patties. Fry them slowly on medium-low heat for 5 minutes on each side. They should be golden brown and cooked through - don't try to use a high heat as they will burn very quickly this way.

Step 5: Stir the cream into the curry. Pour it into a serving bowl and place the cooked koftas on to top serve.

INGREDIENTS

For the curry:

- 1 TBS ghee
- 2 onions, chopped
- 1 green chili, chopped
- 2 garlic cloves, minced
- 1/2 inch ginger, grated
- 2 tomatoes, chopped
- 2 TBS tomato paste
- 250ml (9 fl oz) water
- 1/2 tsp salt
- 1/2 tsp sugar
- 1/2 tsp chili powder
- 1/2 tsp gram masala
- 1/2 tsp turmeric
- 1 TBS dried fenugreek leaves (kasuri methi)
- 1 TBS heavy cream

For the koftas:

- 2 zucchinis, about 350g (12oz)
- 50g gram flour (chickpea flour)
- 1/2 tsp salt
- 1/2 tsp chili powder
- 1/2 tsp amchoor (mango powder)
- oil, for frying