



Bharwaan Tinda



Ingredients:

- 5-6 small zucchini (tinda)
- 1 cup grated paneer
- 1/2 cup breadcrumbs
- 1/4 cup chopped fresh coriander
- 1/4 cup chopped fresh mint
- 1 tablespoon grated coconut
- 1 teaspoon cumin powder
- 1/2 teaspoon red chili powder
- 1/2 teaspoon garam masala
- 1/4 teaspoon turmeric powder
- Salt to taste
- Oil for frying

Method:

- **Prepare the zucchini:** Wash the zucchini and cut off the ends. Use a spoon to scoop out the insides, leaving a thin outer shell.
- **Make the stuffing:** In a large bowl, combine the grated paneer, breadcrumbs, chopped coriander, chopped mint, grated coconut, cumin powder, red chili powder, garam masala, turmeric powder, and salt. Mix well.
- **Stuff the zucchini:** Fill the hollowed-out zucchini with the prepared stuffing.
- **Fry:** Heat oil in a deep pan over medium heat. Carefully place the stuffed zucchini into the hot oil and fry until golden brown and the stuffing is cooked through.
- **Serve:** Serve the bharwaan tinda hot with your favorite chutney or sauce.

Thanks & Regards

Chef Rawat