



Moroccan Zucchini Salad

INGREDIENTS:

- 750g Zucchini
- ¼ cup olive oil
- 2 or 3 cloves garlic, finely chopped
- 1 teaspoon salt
- 1 teaspoon paprika
- 1/8 teaspoon cayenne pepper (optional)
- 3 or 4 tablespoons of water
- 2 tablespoons lemon juice, or more to taste
- 2 tablespoons chopped fresh parsley
- ¼ teaspoon cumin



METHOD:

1. Wash the zucchini but do not peel them. Cut off the ends and chop the zucchini into cubes.
2. Place the diced zucchini in a pot with the olive oil, garlic, spices and water. Cover and cook over medium heat stirring occasionally, for about 5 minutes, or until the zucchini are still a little crisp but tender.
3. Add the lemon juice, parsley and cumin and continue simmering, uncovered, until the liquids have reduced and the zucchini is tender but not mushy.
4. Taste and adjust the seasoning if desired.

Serve warm or cold. Cooked Zucchini salad can be eaten as a dip, or served with a fork or spoon.