

Marrow Stuffed With Vegetables & Cheese



Preparation time 8 mins

Cooking time 12-15 mins

Servings: 4

Food Fact:-

Marrows are low in calories with no fat or cholesterol. A 1/2-cup serving of cooked or raw marrows provides significant amounts of dietary fiber, vitamin A, vitamin C, iron and calcium.

A diet high in these nutrients may help decrease the risk of several serious medical conditions, including heart disease, stroke, osteoporosis, cancer, obesity, diabetes, hypertension and high blood cholesterol.



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Ingredients

1. Put the oil & onion in a microwavable bowl, cover & cook on high for 2-3 mins
 2. Add the pepper, garlic, sweet corn, herbs and peas and cook on high for a further 3-5 mins.
 3. Stir in most of the cheese, reserving about 50g
 4. Place the slices of marrow flat on a large microwavable plate (you may need to cook in two batches) spoon the mixture evenly into the holes of the marrow rings
 5. Place the remaining mixture on top of the marrow rings and sprinkle with remaining cheese
 6. Cook on high in microwave for 5-6 mins or to your taste, stand for 2 mins before serving
- 1 medium marrow, thickly sliced into 8 pieces and deseeded
 - 2 tablespoons olive oil
 - 1 onion, peeled and chopped
 - 2 garlic cloves peeled and sliced
 - 1 red pepper, deseeded and chopped
 - 1 small tin sweet corn, drained
 - 50g frozen peas/beans
 - 1 teaspoon dried mixed herbs
 - 200g mature cheese, grated

