

The courgette plants had a slow start this year due to the cold weather early in the season, but once they got going there was no stopping them. Turn your back on them for a couple of days and baby courgettes grow into marrows! If, like me, you have a fridge full of grown-up courgettes you may like to try this alternative to the usual recipe for stuffed marrow.

Minty Lamb Stuffed Marrow

by Di Hannah

Serves 4

1 large marrow (or 2 overgrown courgettes!)
500g minced lamb
3 tbsp olive or vegetable oil
1 medium onion, finely chopped
2 cloves garlic
100g mushrooms, chopped
4 large tomatoes, chopped
1 small tin (142g) tomato puree
1 bouillon cube dissolved in 50ml boiling water
½ cup fresh mint leaves, roughly torn
8 drops Tabasco sauce (or pinch chilli powder)
Salt and black pepper to taste
½ tsp celery seed (optional)
½ tsp black onion seed (optional)
2 tbsp grated parmesan cheese

Cut marrow (or courgettes) in half lengthwise, scoop out and discard pith and seeds. Scoop out and chop some of the flesh from each half.

Heat oil in large saucepan, add onion and soften over low heat. Add minced lamb and fry over medium heat until lightly browned. Add stock and tomato puree, stir to mix then add crushed garlic, mushrooms, tomatoes, chopped marrow and mint (also celery and onion seeds if using). Cook over medium heat for 2 – 3 minutes, stirring occasionally. Remove from heat and season with salt and black pepper.

Heat oven to 180°C / gas mark 4.

Place marrow / courgette halves in a large roasting dish and fill with lamb mixture. Cover with foil and bake for 45 mins or until marrow tender. Remove foil, sprinkle parmesan cheese over filling and bake for further 10 mins.

Serve with potatoes or rice.