Vegan Spanish Stuffed Marrow

Love Vegan by Jennifer • Serves 4 • Prep 20 mins • Cook about 30–35 mins

Ingredients

- 1 large marrow, or 2 smaller marrows
- 1 onion, finely chopped
- 2 peppers, chopped
- 2 garlic cloves
- 2 vegan burgers or vegan chorizo, chopped into bite-sized pieces
- 1 tsp paprika
- ½ tsp cayenne pepper
- ½ tsp dried oregano
- ■ tsp dried thyme
- 2 × 400g tins chopped tomatoes
- 1 tin chickpeas, drained
- 4 tsp vegan cream cheese
- 4 tbsp nutritional yeast
- Olive oil
- Salt and pepper

Method

1. Heat the oven to **180°C**.
2. Cut the marrow in half lengthways and scoop out the seeds and soft centre.
3. Drizzle with olive oil, season generously and bake for **15 minutes**.
4. Meanwhile, gently fry the onion for about **5 minutes**, until soft.
5. Add the peppers and garlic and cook for another **5 minutes**.
6. Add the vegan burger or chorizo pieces, paprika, cayenne, oregano and thyme.
7. Stir in the chopped tomatoes and drained chickpeas and simmer for **5 minutes**.
8. Spoon the Spanish-style mixture generously into the partially cooked marrow halves.
9. Dot the vegan cream cheese over the top and sprinkle with nutritional yeast.
10. Return to the oven for about **20 minutes**, until the top is nicely browned and the marrow is tender. Season and serve with vegetables.

Jennifer’s note

The finished dish is fairly mild. Add a little more cayenne if you like some heat — the spice works nicely against the marrow’s sweetness.

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