

Less than 30 minutes

Serves 4 (as a side)

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Ingredients:

- 2 Tbsp (30ml) olive oil
- 1 packet (400g) baby marrows, cut into 2cm rounds
- 1 onion, chopped
- 2 red peppers, chopped
- 2 cloves garlic, finely chopped
- 1 tsp (5ml) smoked paprika
- ½ tsp (3ml) chilli flakes (optional)
- 2 Tbsp (30ml) balsamic vinegar
- Pinch sugar
- Salt and milled pepper
- Handful roasted cashews, for serving

Method

1. Heat oil in a pan over high heat and fry baby marrow until tender and browned. Set aside.
2. Fry onion and red peppers in the same pan until soft and caramelised, about 10 minutes.
3. Add garlic, spices, vinegar and sugar.
4. Simmer for 3-5 minutes. Season.
5. Remove from heat and toss through cashews.
6. Serve baby marrows on sauce.

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