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Whatever you call them, this lovely squash is a versatile veg capable of amazing transformation – from delish fries and fritters to the main attraction in curries and stews. The options are endless!

## 1. BABY MARROW CHIPS



The best things in life are fried! But if you're not keen to deep fry these babies, they're still delicious when oven-baked.

Get the baby marrow chips recipe here.

## 2. SPRING GREENS GALETTE WITH WHIPPED FETA



A delicious springtime treat – flaky pastry filled with the best veg. Plus it's perfect for sharing and a great way to get your daily greens.

Get the spring greens galette with whipped feta recipe here.

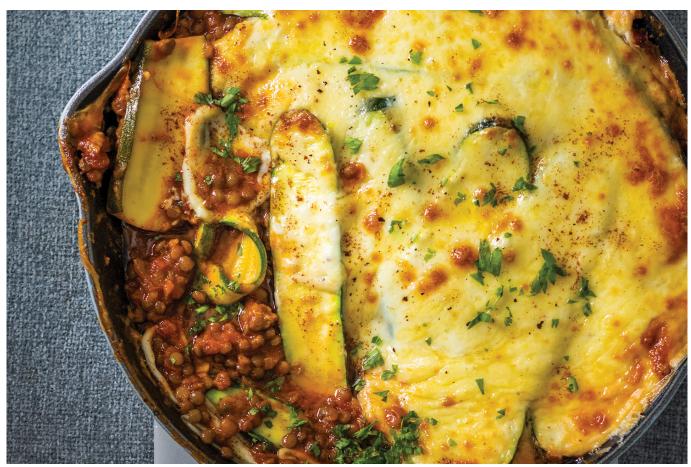
## 3. BABY MARROW AND HALLOUMI FRITTERS



We can't promise that these will last long, but we can guarantee they're moreish and mouthwatering. "Pass another, please."

Get the baby marrow and halloumi fritters recipe here.

4. GARLICKY BRINJAL AND BABY MARROW MOUSSAKA



This twist on the Greek classic is so scrumptious and hearty that you won't even miss the meat. A vegetarian win!

Get the garlicky brinjal and baby marrow moussaka recipe here.

## 5. BABY MARROW WITH MUHAMMARA



A side dish that tastes like the main event. Take your veggie sides up a notch and serve greens in a tomato-based sauce with crunchy nuts.

Get the baby marrow with muhammara recipe here.

6. PORK AND BABY MARROW LAKSA



A spicy, coconutty broth packed with big, bold flavours and oodles of baby marrow noodles. Did we mention it's low carb?

Get the pork and baby marrow laksa recipe here.

7. PARMESAN-BAKED BABY MARROWS WITH TOMATO SALSA AND GARLIC YOGURT



Sink your teeth into your new favourite meat-free Monday dish on any day of the week. The garlic yogurt is a must!

Get the parmesan-baked baby marrows with tomato salsa and garlic yogurt recipe here.

Browse more vegetarian recipes here.