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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.](#)