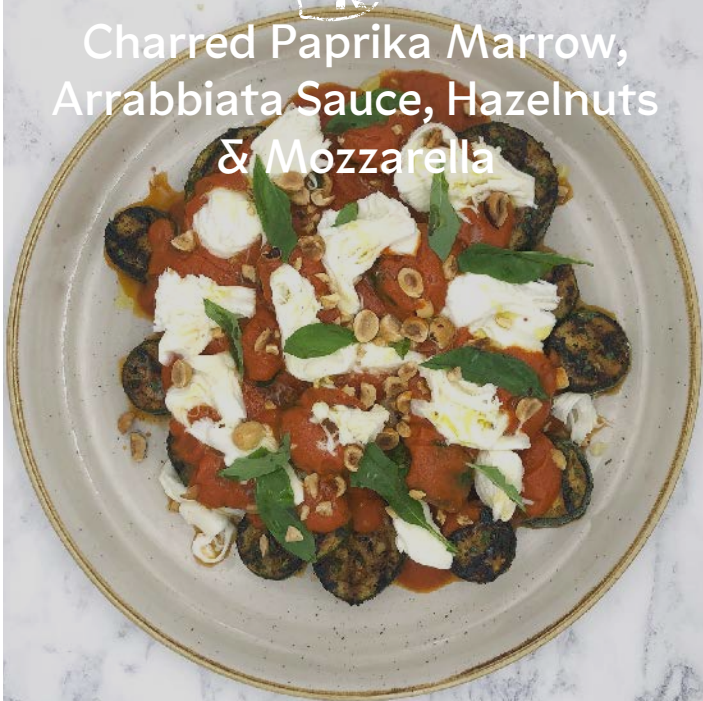




Charred Paprika Marrow, Arrabbiata Sauce, Hazelnuts & Mozzarella

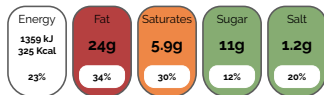


WAYS  WELL

Charred Paprika Marrow, Arrabbiata Sauce, Hazelnuts & Mozzarella



SERVES 5



Per average serving

Of an adult's Reference Intake (84000KJ / 2000Kcal)

Typical values per 100g: Energy 724KJ/173KCal

INGREDIENTS:

175g white onion
1.25kg Marrow/courgette
1 Lemon
10g Fresh parsley
15g Garlic
1 tsp chilli flakes

10g Basil
50g Olive oil
10g Smoked paprika
1.25kg Chopped tomato
150g Mozzarella
25ml Balsamic

10g Brown sugar
pepper
75g Hazelnuts
Fresh thyme

METHOD:

1. Roast hazelnuts on a baking tray until golden, remove the skins and roughly chop, set aside.

For the sauce:

2. Peel, half and chop the onions. Peel and finely grate the 15g garlic.
3. In a pan, heat 50 ml of olive oil, add the onions and cook until golden then add in the garlic and chill flakes, cook for a further 2 minutes. Add 10g paprika and then add the tinned tomatoes. Bring to the boil .add the sugar, season with 3g pepper and 4g salt cook for 1 hour on a low heat
4. Blend until smooth and keep hot.

For the marrow/courgette:

5. First make the flavoured oil. Peel and finely grate the rest of the garlic, zest the lemons, pick and finely chop the thyme. Add to the 50ml of olive oil with the rest of the paprika.
6. Pick the basil leaves
7. Wash, cut the marrow/courgette into 2cm circles. Massage the oil on them and leave for 1 hour. Preheat a grill or ribbed griddle, season the marrow /courgette with the remaining salt and pepper. Grill for 3-4 mins on one side and turn over and repeat, or until the vegetables are tender. Remove from heat and squeeze over the lemon juice and drizzle over 50ml balsamic vinegar
8. To serve, lay out the marrow/ courgette onto a serving plate, pour over the hot tomato sauce, ripe the mozzarella and place on top of the sauce. Finish with tearing the basil leaves and sprinkling over with the hazelnuts.