Ricely stuffed marrow

NIBBLEDISH CONTRIBUTOR

Ingredients

For 2:

1 marrow, halved lengthways
1 portion cooked rice
1 celery stick, chopped
1 orange pepper, chopped
1 tomato, diced
1 small red onion, chopped
1 apple, chopped
bit of paprika

Instructions

1) Heat the oven to 180 degrees C.
2) Carefully scoop out the marrow flesh and fry with the all of the vegetables, followed by the apple and paprika.
3) Spoon the mixture into the marrow halves and bake for 45 minutes.