



# 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.