



Baby Marrow Carpaccio

(serves 4 to 6)

Ingredients:

8 Medium Marrows sliced thinly lengthways
1 Bunch of fresh Rocket
1 Tablespoon dry Basil
1 Tablespoon dry Oregano
1 Tablespoon dry Parsley
1 Tablespoon Cajun spice
50ml White Balsamic vinegar
1 Lemon, juiced
100ml Olive oil
1 Tub of Tofu
Sunflower oil
1 Jar of Capers
Salt
Pepper

Method:

Salt the Marrows and grill lightly on either side just to get some colour, do not cook through.

Mix lemon juice, olive oil, white Balsamic vinegar, dry herbs and Cajun spice to make a marinade.

Dip the cooked marrows in the marinade for 5 minutes remove and layer in a container then refrigerate.

Cut Tofu in 1cm cubes and fry in some sunflower oil until crispy.

To Serve:

Place the Marrows on a plate and cover the whole plate.

Place the Capers and crispy Tofu evenly over the Marrows.

Salt and pepper the plate and garnish with fresh Rocket.