

There are allotments nearby and sometimes people leave vegetables out to take. On this occasion there was a Marrow and Gourd, so we based this meal around them.

Ingredients:-

Salami / Chorizo / Smoked Sausage cut into lumps
1 large white Onion, finely chopped
4 Mushroom, quartered
2 red Chillies, sliced
Soy Sauce (GF if available if required)
2 cloves of Garlic, grated
1 Gourd pealed and cut into pieces
A similar quantity of Marrow, slices with the skin left on
Onion Salt
Garlic Powder
Paprika
Oil for frying

Method:-

(1) Fry the Onion until the Onion is softened.
(2) Add the Mushroom, chilli and grated Garlic and fry for a further minute.
(3) Add the Sausage.
(4) Add all the remaining ingredients and fry until the Gourd is soft but remove from the heat before it starts to break down.

We served ours on a bed rice boiled with a Stock Cube.