



# UCOOK

## Domaine Des Dieux's Artichoke Bake

with toasted sourdough baguette rounds

You will heart-emoji this artichoke hearts, onion wedges, homemade cheesy sauce & spinach bake, Chef! Topped with a golden layer of panko breadcrumbs, sided with toasted baguette rounds, and finished with freshly chopped parsley.

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Domaine Des Dieux Winery

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Veggie

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Domaine Des Dieux | Petit Rosé 2022

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## Ingredients & Prep

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10ml	Cake Flour
100ml	Low Fat UHT Milk
1	Garlic Clove <i>peel &amp; grate</i>
30g	Mozzarella Cheese <i>grate</i>
100g	Artichoke Hearts <i>drain &amp; roughly chop</i>
1	Onion <i>peel &amp; cut ½ into thin wedges</i>
1	Lemon <i>rinse &amp; cut into wedges</i>
40g	Spinach <i>rinse</i>
20ml	Panko Breadcrumbs
20g	Italian-style Hard Cheese <i>grate</i>
1	Sourdough Baguette <i>slice into rounds</i>
3g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter

**1. CHEESY BECHAMEL** Preheat the oven to 200°C. Place a pan over medium heat with 30g of butter. Once melted, vigorously whisk in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk until the sauce thickens slightly. If the béchamel is too thick for your liking, add an extra splash of water. Mix through the grated garlic and the grated mozzarella cheese. Remove from the heat and season.

**2. ZESTY ARTICHOKE BAKE** Arrange the halved artichokes and the onion wedges in an oven-proof dish (deep enough for the bake). Coat in oil and season. Drizzle over a squeeze of lemon juice. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). When the roast has 10 minutes to go, remove from the oven. Mix through the rinsed spinach and the cheese sauce. Scatter over the breadcrumbs and the grated hard cheese. Return to the oven and bake for the remaining time until golden.

**3. BUTTERY BAGUETTE** While the artichokes & onion are roasting, spread butter (optional) or oil over the baguette rounds. Place a pan over medium heat. When hot, toast the baguette rounds until golden, 1-2 minutes per side.

**4. GRAB A SERVING SPOON** Dish up the cheesy artichoke & spinach bake. Side with the toasted baguette rounds and any remaining lemon wedges. Garnish with the chopped parsley.

## Nutritional Information

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Per 100g

Energy	428kj
Energy	102kcal
Protein	4.7g
Carbs	16g
of which sugars	3.2g
Fibre	1.9g
Fat	2.4g
of which saturated	1.1g
Sodium	187mg

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## Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat  
Within  
4 Days