



UCCOOK

Vegetarian Artichoke Antipasti

with garlic ciabattini, sun-dried tomatoes
& Kalamata olives

An Italian-style platter you won't soon forget! Battered artichokes, deep-fried until golden, are served with crispy ciabattini, sun-dried tomatoes, salty olives, oregano, cucumber, and balsamic vinegar & hummus for dunking.

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Ella Nasser

 Fan Faves

 Village Pinot Noir 2022

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Ingredients & Prep

1	Garlic Clove <i>peel & grate</i>
3g	Fresh Oregano <i>rinse, pick & roughly chop</i>
1	Ciabattini <i>cut in half</i>
25g	Sun-Dried Tomatoes <i>drain & roughly chop</i>
20g	Piquanté Peppers <i>drain & roughly chop</i>
20g	Green Leaves <i>rinse & roughly shred</i>
50g	Cucumber <i>rinse & peel into ribbons</i>
25g	Pitted Kalamata Olives <i>drain & halve</i>
10ml	Balsamic Vinegar
40ml	Hummus
90ml	Self-raising Flour
100g	Artichoke Hearts <i>drain</i>

From Your Kitchen

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

1. CIABATTINI HEAVEN Preheat the oven to 200°C. In a small bowl, combine the grated garlic, ½ the chopped oregano, and a knob of butter (optional) or a drizzle of oil. Place the halved ciabattini on a roasting tray, cut-side up, and smear with the garlic-oregano spread. Pop in the hot oven and bake until warmed through and starting to brown, 3-4 minutes.

2. THE PREP STEP To a bowl, add a few ice cubes and 60ml of cold water. In another bowl, combine the chopped sun-dried tomatoes, the chopped peppers, and seasoning. In a salad bowl, combine the shredded salad leaves, the cucumber ribbons, the halved olives, a drizzle of olive oil, and seasoning. In a small bowl, mix together the balsamic vinegar and the hummus.

3. GOLDEN ARTICHOKEs In a bowl, combine the flour with a pinch of salt. Slowly whisk in the ice-cold water (don't overmix, lumps are fine in this case). Coat the drained artichokes in the batter. Place a deep pan over high heat with 2cm of oil covering the base. When hot, gently lower the battered artichokes into the hot oil. Fry until golden and crispy, 30-60 seconds (turning as they colour). Try not to overcrowd the pan - you may need to do this in batches! Remove from the pan, drain on paper towel, and season.

4. PLATTER PARTY Serve up the antipasto platter-style! Pile up the crunchy artichokes alongside the sun-dried tomato & pepper mix, and the olive & cucumber salad. Serve with the balsamic vinegar & hummus dip for dunking. Sprinkle over the remaining oregano. Last but not least, side with the glorious garlic bread. Wow, Chef!



Chef's Tip

To test if your oil is hot enough, pop in a drop of batter. If it fizzes, it's ready!

Nutritional Information

Per 100g

Energy	706kJ
Energy	169kcal
Protein	5.2g
Carbs	29g
of which sugars	3.8g
Fibre	3.3g
Fat	3.5g
of which saturated	0.5g
Sodium	348mg

Allergens

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

Cook
within
4 Days