



UCOOK

Italian Panzanella & Artichoke Salad

with pine nuts, sourdough croutons & italian-style hard cheese

Throw our fresh Italian salad together in no time at all! Artichoke hearts are tossed with green leaves and served on a bed of marinated tomato. Sprinkled with capers, pine nuts, basil, and crunchy garlic sourdough croutons. Drizzled with a garlic yoghurt dressing and topped with cheese shavings. Wowzers!


Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

 Vegetarian

 Niel Joubert | Grüner Veltliner

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Ingredients & Prep

| | |
|------|---|
| 1 | Garlic Cloves <i>peeled & grated</i> |
| 1 | Sourdough Baguette <i>defrosted & ½ cut into bite-sized chunks</i> |
| 10ml | Red Wine Vinegar |
| 1 | Plum Tomato <i>thinly sliced</i> |
| 50g | Cucumber <i>sliced into half-moons</i> |
| 60g | Artichoke <i>drained & halved</i> |
| 10g | Pine Nuts |
| 4g | Fresh Basil <i>rinsed</i> |
| 65ml | Low Fat Plain Yoghurt |
| 20g | Salad Leaves <i>rinsed</i> |
| 5g | Capers <i>drained & chopped</i> |
| 25g | Italian-style Hard Cheese <i>peeled into ribbons</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Sugar/Sweetener/Honey

1. CRUNCHY CROUTONS Preheat the oven to 200°C. In a bowl, combine 2 tsp of oil, ½ the grated garlic and some seasoning. Mix until fully combined. Add the bread chunks and toss until fully coated. Place on a roasting tray and roast in the hot oven for 8-10 minutes until golden and crispy, shifting halfway.

2. MARINATION STATION! In a bowl, add the red wine vinegar, 10ml of water and 5ml of a sweetener of choice. Mix until the sweetener is fully dissolved. Add the sliced tomatoes, cucumber half-moons, and the halved artichoke hearts. Toss until coated and set aside to marinate.

3. NUTS ABOUT NUTS Place the pine nuts in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion.

4. IT'S DRIZZLING! Pick the leaves from the rinsed basil. Discard the stems and roughly tear the leaves. Set aside. Drain and reserve the marinating liquid from the tomatoes and artichokes. In a small bowl, mix the remaining garlic (to taste), the yoghurt and some seasoning. Add the reserved marinating liquid in 5ml increment until drizzling consistency, adding water if necessary.

5. THE MAIN EVENT Make a bed of the salad leaves. Top with the marinate tomatoes, cucumbers, and artichokes. Sprinkle over the sourdough croutons, the drained capers, the torn basil leaves and the toasted pine nuts. Drizzle over the yoghurt dressing and top with the cheese shavings. Simple yet stunning, Chef!



Chef's Tip

If your bread feels a bit hard after freezing - don't fret; stale bread is often used to make croutons. It has less moisture and therefore creates a crispier result!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 511kJ |
| Energy | 122Kcal |
| Protein | 6g |
| Carbs | 17g |
| of which sugars | 2.5g |
| Fibre | 1.6g |
| Fat | 3.4g |
| of which saturated | 1.1g |
| Sodium | 255mg |

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook
within
4 Days