



# 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.

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People

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**Chef:** Ella Nasser

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 Fan Faves

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 Paul Cluver | Village Pinot Noir 2022

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## Ingredients & Prep

2	Garlic Cloves <i>peel &amp; grate</i>
5g	Fresh Oregano <i>rinse, pick &amp; roughly chop</i>
2	Ciabattinis <i>cut in half</i>
50g	Sun-Dried Tomatoes <i>drain &amp; roughly chop</i>
40g	Piquanté Peppers <i>drain &amp; roughly chop</i>
40g	Green Leaves <i>rinse &amp; roughly shred</i>
100g	Cucumber <i>rinse &amp; peel into ribbons</i>
50g	Pitted Kalamata Olives <i>drain &amp; halve</i>
20ml	Balsamic Vinegar
80ml	Hummus
180ml	Self-raising Flour
200g	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