



Eat Within 4 Days

UCCOOK

Hearty Artichoke Bake

with toasted sourdough baguette rounds

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Veggie: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	534kJ	3226kJ
Energy	128kcal	771kcal
Protein	6g	36g
Carbs	19g	113g
of which sugars	3.4g	20.5g
Fibre	1.6g	9.7g
Fat	3.2g	19.1g
of which saturated	1.5g	9g
Sodium	251mg	1514mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10ml	20ml	Cake Flour
100ml	200ml	Low Fat UHT Milk
1	2	Garlic Clove/s <i>peel & grate</i>
30g	60g	Mozzarella Cheese <i>grate</i>
100g	200g	Artichoke Hearts <i>drain & roughly chop</i>
1	1	Onion <i>peel & cut ½ [1] into thin wedges</i>
10ml	20ml	Lemon Juice
40g	80g	Spinach <i>rinse</i>
20ml	40ml	Panko Breadcrumbs
20g	40g	Italian-style Hard Cheese <i>grate</i>
1	2	Sourdough Baguette/s <i>slice into rounds</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Butter
Seasoning (salt & pepper)

1. CHEESY BECHAMEL Preheat the oven to 200°C. Place a pan over medium heat with 30g [60g] 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 garlic and the mozzarella cheese. Remove from the heat and season.

2. ZESTY ARTICHOKE BAKE Arrange the artichokes and the onion in an oven-proof dish (deep enough for the bake). Coat in oil and season. Drizzle over the lemon juice (to taste). 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 spinach and the cheese sauce. Scatter over the breadcrumbs and the hard cheese. Return to the oven and bake for the remaining time until golden.

3. BUTTERY BAGUETTE While the artichokes and 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. Garnish with the parsley.