



UCCOOK

Hearty Artichoke Bake

with toasted sourdough baguette rounds

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Veggie: Serves 3 & 4

Chef: Samantha du Toit

Nutritional Info

	Per 100g	Per Portion
Energy	544kj	3318kj
Energy	130kcal	793kcal
Protein	6g	36.6g
Carbs	19g	118g
of which sugars	3.5g	21.2g
Fibre	1.7g	10.4g
Fat	3.1g	19.1g
of which saturated	1.5g	9g
Sodium	304mg	1853mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
30ml	40ml	Cake Flour
300ml	400ml	Low Fat UHT Milk
2	2	Garlic Cloves <i>peel & grate</i>
90g	120g	Mozzarella Cheese <i>grate</i>
300g	400g	Artichoke Hearts <i>drain & roughly chop</i>
2	2	Onions <i>peel & cut 1½ [2] into thin wedges</i>
30ml	40ml	Lemon Juice
120g	160g	Spinach <i>rinse</i>
125ml	160ml	Panko Breadcrumbs
60g	80g	Italian-style Hard Cheese <i>grate</i>
3	4	Sourdough Baguettes <i>slice into rounds</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. CHEESY BECHAMEL Preheat the oven to 200°C. Place a pan over medium heat with 90g [120g] of butter. Once melted, vigorously whisk in the flour to form a roux. Cook out the flour, 2-3 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 onions 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 and spinach bake. Side with the toasted baguette rounds. Garnish with the parsley.