



# Artichokes with spinach

20'  
Hands on

40'  
Cook Time

6-8  
Portion(s)

1  
Difficulty



## Method

- Preheat oven over 180°C (350\* F) Set to Fan.
- Rinse the **artichokes** with their peel. Clean the peel using a sponge.
- Pat dry with paper towel and **cut** into wedges. Transfer to a **bowl**.
- Season with salt and pepper. Drizzle with half of the olive oil and mix in the maple syrup. Mix and transfer to a 30x40 cm ovenproof pan.
- Bake for 30-40 minutes until the artichokes are golden and soft. Remove ovenproof pan from oven.
- Heat the rest of the olive oil in a **pot** over medium heat.
- **Cut** the zucchini in 2 lengthwise and then cut them into thin, 0.5 cm thick slices.
- **Sauté** the zucchini for 2-3 minutes until golden.
- Add the spinach to the **pan** and mix until it wilts.
- Season with salt and pepper. Add the chili flakes, spring onions (finely chopped) and dill (finely chopped).
- Mix with a wooden spoon and remove the pot from heat.
- Transfer the mixture to a **bowl**.
- Crumble the hazelnuts and add them to the bowl.
- Mix with the artichokes and sprinkle with sesame.

For the tahini sauce

- In a **bowl**, mix the tahini, water, lime zest, lime juice, salt, pepper, maple syrup and chili flakes.
- Whisk until it turns into a smooth sauce.
- Serve with the artichokes.

## Ingredients

- 600 g artichokes
- salt
- pepper
- 40 g olive oil
- 50 g maple syrup
- 2 zucchinis
- 350 g spinach
- 3 spring onions
- 1/4 bunch dill
- 1 teaspoon(s) chili flakes
- 2 tablespoon(s) hazelnuts
- 10 g sesame seeds, to serve

For the tahini sauce

- 100 g tahini
- 50 g water
- lime zest, of 1 lime
- lime juice, of 1/2 lime
- salt
- pepper
- 1 teaspoon(s) maple syrup
- 1 pinch chili flakes

## Διατροφικός πίνακας

Nutrition information per portion

225 Calories (kcal)	15.0 Total Fat (g)	2.0 Saturated Fat (g)	8.4 Total Carbs (g)
11%	21%	10%	3%
7.8 Sugars (g)	6.6 Protein (g)	11.0 Fibre (g)	0.3 Sodium (g)
9%	13%	44%	5%