



Artichoke salad

15'
Hands on

4
Portion(s)

1
Difficulty



Method

- In a **pot** full of boiling water, add a lemon cut in half, salt and the artichokes. Boil for 10 minutes.

For the dressing

- In a bowl, combine the mustard, honey, salt, pepper, lemon juice and lemon zest.
- In a mortar, add the fennel seeds, chili flakes and olive oil. Beat with a pestle until they break down.
- Transfer mixture to the bowl with salad dressing and whisk until all of the ingredients are incorporated.

To assemble

- In a salad bowl, add half of the salad dressing and spread it all over the interior with circular movements.
- **Chop** the iceberg into pieces and add to bowl.
- Add the rocket leaves, thinly sliced carrot and **cherry tomatoes cut in half**.
- Place a **pan** over high heat and add 1 tablespoon olive oil. Thinly slice the radicchio and add it to the pan. Season with salt and pepper and saute it for 1-2 minutes on each side.
- When ready, add to the salad bowl.
- Use a **slotted spoon** to remove the artichokes from the boiling water and transfer to the hot pan. Saute for 2-3 minutes, until golden and then add to salad bowl.
- Finely chop the green part of the spring onions, the chili pepper, mint and dill. Add them all to the bowl.
- Drizzle with the remaining salad dressing and serve.

Ingredients

- 1 lemon
- salt
- 600 g artichokes, frozen

For the salad dressing

- 1 teaspoon(s) mustard
- 1 heaping teaspoon(s) honey
- salt
- pepper
- lemon juice, of 1 lemon
- lemon zest, of 1 lemon
- 1 tablespoon(s) fennel seeds
- 1 tablespoon(s) chili flakes
- 3 tablespoon(s) olive oil

To assemble

- 1/2 iceberg lettuce
- 200 g rocket
- 1 carrot
- 100 g cherry tomatoes
- 1/2 radicchio
- 2 tablespoon(s) olive oil
- salt
- pepper
- 3 spring onions
- 1 chili pepper, green
- mint, fresh
- dill, fresh

Διατροφικός πίνακας

Nutrition information per portion

208 Calories (kcal)	13.0 Total Fat (g)	1.9 Saturated Fat (g)	11.0 Total Carbs (g)
10%	19%	10%	4%
7.5 Sugars (g)	7.7 Protein (g)	5.3 Fibre (g)	1.1 Sodium (g)
8%	15%	21%	18%