

Stuffed Artichokes

(Serves: 4)

Ingredients

4 Fresh Artichokes, (1 per person)

Fresh Lemons, (slices for boiling plus 1 tsp zest for crumb mixture)

Anchor Foods Breadcrumbs, 1 cup

Fresh Parsley, ¼ cup (chopped)

Brunswick Dairy Company Shredded Parmesan, 1/3 cup (plus extra for stuffing)

G-Fresh Pepper, ½ tsp

G-Fresh Garlic Powder, ½ tsp

Pendleton Olive Estate 100% Australian Extra Virgin Olive Oil, 2 tbsp

Broth (Beef, Chicken or Veg), ½ cup

Dairy Farmers Salted Butter, (melted – for serving)

Method

Step 1

Wash the artichokes and then prepare them by cutting off the stem, removing any and the outer petals, a third way from the top. Use kitchen scissors to snip off the tips of the outer petals.

Optional: Use some fresh lemon or lemon juice and rub over the edges of the artichokes to avoid them from turning brown before cooking.

Step 2

Fill a large pot with a few inches of water (enough to lightly submerge the artichokes) and some fresh lemon slices. Add the prepared artichokes to the water. Bring the water to a boil on high heat and then reduce the heat to a low simmer for 30-45 mins.

Step 3

Whilst the artichokes are boiling, prepare the bread crumb mixture. Mix the breadcrumbs, parsley, parmesan cheese, black pepper, garlic powder, olive oil and lemon zest in a large mixing bowl.

Step 4

Remove the artichokes from the pot and allow to drain. Transfer them to a large baking tray.

Step 5

Once cooled, gently spread open the petals of each artichoke to expose the choke. Use a spoon to carefully scoop out and remove the choke, without removing any of the tender artichoke heart beneath it.

Step 6

Start stuffing the centre and each petal of the artichokes with the breadcrumb mixture and parmesan cheese. Add ½ cup of broth to the bottom of the cooking tray.

Step 7

Cover the tray with aluminium foil and bake in the oven at 180°C for another 30-45 minutes.

Step 8

Remove from the oven & serve with a small side dish of melted butter for dipping. ***Enjoy!***



Pic for illustration purposes only. Recipe may vary in appearance to pic.