



Artichoke Salad

A summery, light, low calorie, and healthy salad. Roasted artichokes with red pepper, sweetcorn, and cannellini beans, spiced with hot jalapenos.

Convenient to prepare in advance to have it handy when needed, since it tastes better every minute it has more time to marinate.

Ingredients

2 tins of artichoke hearts
2 red bell peppers
1 tin of cannellini beans
½ tin of sweetcorn
5 spring onions
2 garlic cloves
1 tablespoon jalapenos
olive oil
1 lemon (juice)
herb salt
black pepper
1 handful fresh parsley
2 tablespoons roasted pine nuts

Instructions

- Drain the artichoke hearts, wash them and cut them in quarters. Pad them dry, sprinkle with herb salt and let them roast in the oven at 200 C for approx. 20 mins, until the bottom of the artichokes is charred.
- Cut the red peppers in chunks.
- Wash the cannellini beans and the sweetcorn.
- Cut the spring onions in slices.
- Dice the jalapenos.
- Roast the pine nuts in a pan.
- Mix everything in a bowl.
- Prepare the dressing with the lemon juice, olive oil, herb salt, pepper and crushed garlic.
- Pour the dressing over the veggies in the bowl, mix well and let it marinate for at least an hour.
- Eat with a sourdough bun as a main or as a side dish for a vegan BBQ.