



Product Spotlight: Jerusalem Artichoke

The Jerusalem artichoke is a variety of sunflower and it looks a lot like ginger root. It has a lovely sweet and nutty flavour.



Jerusalem Artichoke & Rocket Salad with Prosciutto

Golden roasted Jerusalem artichokes tossed with crunchy beans and mustard dressing, finished with chopped walnuts and crispy prosciutto.



30 minutes



4 servings



Pork

22 September 2023

Bulk it up!

Stretch this dish out with roasted chickpeas or any extra nuts you may have in the pantry. Hazelnuts, pecans and almonds work well!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	16g	22g	53g

FROM YOUR BOX

JERUSALEM ARTICHOKE	300g
WHITE SWEET POTATO	500g
CHERRY TOMATOES	200g
PROSCIUTTO	1 packet
WALNUTS	1 packet (40g)
GREEN BEANS	150g
TINNED ARTICHOKE	400g
ROCKET LEAVES	1 bag (120g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dijon mustard, white wine vinegar

KEY UTENSILS

oven tray, frypan

NOTES

If you have a large salad bowl, you can toss all the vegetables together in step 5.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Halve Jerusalem artichokes, dice sweet potato and quarter cherry tomatoes. Toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20–25 minutes or until golden and tender.



2. CRISP THE PROSCIUTTO

Tear prosciutto. Add to a frypan over medium-high heat with **oil**. Cook for 4–5 minutes until crispy. Roughly chop and add walnuts for the last minute to toast. Remove to a plate and take pan off heat.



3. BLANCH THE BEANS

Trim and halve beans. Reheat frypan over medium-high heat with **1/4 cup water**. Add beans and cook for 3–4 minutes until tender. Remove to a salad bowl.



4. MAKE THE DRESSING

Whisk together **1 tbsp mustard, 1/2 tbsp vinegar, 3 tbsp olive oil** and **2 tbsp water**. Season with **salt and pepper** to taste.



5. TOSS THE SALAD

Drain and roughly chop tinned artichokes. Toss with rocket, beans and 1/2 the dressing (see notes).



6. FINISH AND PLATE

Divide salad among plates. Top with roast vegetables, prosciutto and walnuts. Spoon over remaining dressing to taste.



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