



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Jerusalem Artichoke


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



3 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

27 July 2020

Mix it up!

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

Per serve: **PROTEIN** 19g **TOTAL FAT** 27g **CARBOHYDRATES** 53g

FROM YOUR BOX

JERUSALEM ARTICHOKE	800g
CHERRY TOMATOES	1/2 bag (200g) *
SPRING ONIONS	1/4 bunch *
PROSCIUTTO	1 packet
WALNUTS	1 packet (40g)
GREEN BEANS	1/2 bag (125g) *
ARTICHOKE IN BRINE	1 tub
ROCKET LEAVES	1 bag (200g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and 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.

No pork option - prosciutto is replaced with smoked chicken. Slice and toss through salad step 5.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Halve or quarter the Jerusalem artichokes. Halve cherry tomatoes and slice spring onions into 4cm lengths (reserve tops for salad). Toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20–25 minutes or until cooked through.



2. CRISP THE PROSCIUTTO

Tear prosciutto. Add to a frypan over medium-high heat with **oil**. Cook for 4–5 minutes until crispy. Chop walnuts and add to pan 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 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 brined artichokes, slice reserved spring onion tops. 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.

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