




### Product Spotlight: Jerusalem artichokes


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 Mixed Artichoke and Prosciutto Salad

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

 30 mins

 2 servings

 Pork

20 August 2021

*Mix it up!*

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

Per serve: **PROTEIN** 28g **TOTAL FAT** 46g **CARBOHYDRATES** 54g

## FROM YOUR BOX

JERUSALEM ARTICHOKE	400g
CHERRY TOMATOES	1/2 bag (100g) *
PROSCIUTTO	1 packet (100g)
WALNUTS	1 packet (40g)
GREEN BEANS	1/2 bag (75g) *
ARTICHOKE	1 tub
ROCKET LEAVES	1 bag (120g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dijon mustard, apple cider vinegar (or vinegar of choice)

## KEY UTENSILS

oven tray, large frypan

## NOTES

If you don't feel like salad for dinner use the roast vegetables to make a soup. Simmer with 750 ml water and 1/2 stock cube. Blend to smooth consistency and serve with a side of rocket and green beans (and some warm crusty bread if you have some!)

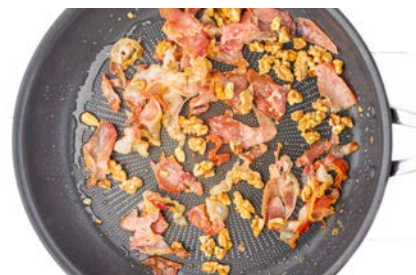
**No pork option – prosciutto is replaced with smoked chicken breast.** Smoked chicken breast does not require further cooking, but you can roughly chop it and add to a frypan for 1-2 minutes to warm it through.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Quarter Jerusalem artichokes and cherry tomatoes. Toss on a lined oven tray with **oil, salt and pepper**. Roast 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 2 minutes to toast. Remove to a plate, keep pan over heat



### 3. BLANCH GREEN BEANS

Trim and halve beans. Add to frypan with **1/4 cup water**. 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 1 tbsp water**. Season with **salt and pepper** to taste.



### 5. TOSS THE SALAD

Drain and roughly chop artichokes. Toss with rocket, green beans and half the dressing.



### 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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