



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




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

 4 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** 17g **TOTAL FAT** 31g **CARBOHYDRATES** 46g

FROM YOUR BOX

JERUSALEM ARTICHOKEs	800g
CHERRY TOMATOES	1/2 bag (200g) *
PROSCIUTTO	1 packet (100g)
WALNUTS	1 packet (40g)
GREEN BEANS	1/2 bag (125g) *
ARTICHOKEs	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, apple cider vinegar (or vinegar of choice)

KEY UTENSILS

oven tray, frypan

NOTES

If you don't feel like salad for dinner use the roast vegetables to make a soup. Simmer with 1 L water and 1 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 **2 tbsp mustard, 1 tbsp vinegar, 5 tbsp olive oil and 2 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.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

