Artichokes with sweet piparra vinaigrette



Consejo del chef

The scalded artichokes can be kept for several days in the fridge, inside a food container, so you can just cook them and make the recipe whenever you have enough time.

Raciones para 2

- ❏ **4** Large artichokes
- ❏ **1/2** Courgette
- ❏ **1/2** Red pepper
- ❏ Small fresh onion
- ❏ **10** Sweet piparras (pickled Spanish chili peppers)
- ❏ Olive oil
- ❏ Salt and pepper to taste

1. Remove the outer leaves of the artichokes. Trim and peel the stem and trim the top of the leaves with a knife as well, until you have the tender heart of the artichokes.
2. Cut the artichokes lengthwise, including the stem, and remove the fuzzy part.
3. Boil them in salty water for 8 minutes and cool quickly.
4. Heat one tablespoon of olive oil in a skillet and cook the artichokes on both sides until they are golden brown. Set aside on a paper towel and season with salt and pepper.
5. Make the vinaigrette by chopping the veggies and the chilli peppers. Add salt, black pepper, and olive oil.
6. Serve the artichokes with two tablespoons of the vinaigrette. Serve this plate as a starter, or add tofu and cooked rice to the vinaigrette to turn it into a main dish.

Chef's Notes

https://cookinglovers.teka.com/en/receta/alcachofas-vinagreta-piparra/