



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/es/receta/alcachofas-vinagreta-piparra/>

