

Artichoke, Asparagus & Cherry Tomatoes with Beetroot Linguine

R & J Mazza P/L
GLOBE
ARTICHOKES



Ingredients

500g fresh beetroot linguine
¼ teaspoon salt,

200g cherry tomatoes
1 tablespoon balsamic vinegar

2 tablespoons extra light olive oil,
2 cloves garlic, finely chopped,
1 brown onion, chopped
2 small red chillies, seeds removed
& chopped finely,
300g artichoke hearts, sliced,
2 bunches asparagus (approx. 250g)
halved lengthwise & chopped,
¼ cup dry white wine,
1 teaspoon lemon zest,
1 tablespoon lemon juice,
125ml cream,

¼ cup parmesan, grated or shredded,
Salt and cracked pepper, to taste,
¼ cup parsley,



How to Cook

1. Halve cherry tomatoes, toss into balsamic vinegar, stirring well. Remove from vinegar and place under hot grill for 4-5 minutes or until cooked but firm.
2. Boil water in a saucepan, and add linguine and salt. While cooking, prepare remaining ingredients.
3. Put olive oil in a frypan, when hot add onion, garlic, chillies, artichokes and asparagus. Sauté until cooked.
4. Add wine and lemon zest & juice. Simmer until liquid is absorbed (approx. 1 minute). Add cream and bring to boil. Remove frypan from the heat, add cheese, salt and pepper. Mix well, then set aside.
5. When cooked, drain linguine and add to artichoke mixture in frypan. Mix well over heat.
6. Add parsley and serve.



Serves 4-6

