



Ingredients

300g Linguine,
¼ teaspoon salt,
300g artichoke hearts, sliced,
4 tablespoons extra light olive oil,
3 cloves garlic, finely chopped,
1 small red chilli, finely chopped,
Zest of 1 lemon,
Juice from 1 lemon,
¼ cup flat leaf parsley, finely chopped,
Salt and cracked pepper, to taste,

Extra Ingredients

2 tablespoons extra virgin olive oil,
Parmesan cheese, grated or shredded,



How to Cook

Boil water in a saucepan, and add linguine and salt. While cooking, prepare remaining ingredients.

Put extra light olive oil in a frypan, when hot add garlic and chilli. Sauté until cooked, add sliced artichoke hearts and cook for a further minute.

When cooked, drain linguine and add extra virgin olive oil to avoid it from sticking together, mix through.

Add artichoke mixture and mix well. Add lemon zest, lemon juice and parsley. Place in serving plates and sprinkle extra parmesan, if desired.

Serves 4

