

## Artichoke, Anchovies & Garlic Zoodles with Chilli

R & J Mazza P/L  
GLOBE ARTICHOKES



### Ingredients

1kg zucchini, spiralised  
½ teaspoon salt,

2 tablespoons extra light olive oil,  
3 cloves garlic, finely chopped,  
8 anchovies, finely chopped,  
250g artichoke hearts, sliced,  
2 red chilli's, finely chopped,

1 tablespoon parsley, chopped,  
Salt and cracked pepper, to taste,

Extra: Parmesan cheese, grated.



### How to Cook

1. Place spiralised zucchini in a bowl, sprinkle with salt and leave for ½ hour.
2. Rinse zucchini under water and squeeze gently to remove excess fluid.
3. Put olive oil in a frypan, when hot add garlic, anchovies, chilli's and artichokes. Sauté until cooked.
4. Add zucchini noodles, salt and pepper. Heat while stirring and sauté for 2 minutes. Add parsley and remove from heat.
5. Can be served with parmesan cheese, if desired.

### Serves 4

