

Artichoke, Walnut & Parmesan Spaghetti



R & J Mazza
GLOBE ARTICHOKES

Ingredients

300g fettuccine,
¼ teaspoon salt,
350g artichoke hearts, sliced,
3 tablespoons extra light olive oil,
2 cloves garlic, finely chopped,
¼ cup dry white wine,
¼ cup parsley,
Salt and pepper, to taste,



Extra Ingredients

½ cup walnuts, chopped,
¼ cup parmesan cheese, shredded or grated,
2 tablespoons breadcrumbs, toasted,
2 tablespoons extra virgin olive oil,

How to Cook

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

In a bowl, combine walnuts, parmesan and breadcrumbs and set aside.

Put extra light olive oil in a frypan, when hot add garlic. Sauté until cooked, add sliced artichoke hearts and cook for a further minute. Add wine, salt and pepper and simmer until wine is absorbed (approx. 1 minute). Take frypan off the heat, add parsley and set aside.

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

Add artichoke mixture and half the walnut mixture and mix well. Place in serving plates and sprinkle extra walnut mixture on top.

Serves 4

