



## Summer Leaf Salad

with Artichokes and Cannellini Beans

 20min  2 Portions

Get the chargrill going and crisp up a crusty baguette and some marinated artichokes, which are the main stars in this salad. Celery and almonds add a great texture while the shallot dressing gives this summer salad a real French-feel to it. Bon appetit!

## What we send

- mixed leaves
- half baguette <sup>1</sup>
- slivered almonds <sup>15</sup>
- garlic, shallot, celery stick
- cannellini beans
- parmesan <sup>7</sup>
- green beans
- marinated artichoke hearts

## What you'll require

- caster sugar
- extra virgin olive oil
- salt and pepper
- white wine vinegar <sup>17</sup>

## Utensils

- chargrill or frypan
- Colander
- paper towel
- small frypan
- small saucepan

- Our veggies come straight from the farm, so please wash them before cooking.

## Cooking tip

For a healthier dish, we've only used half the bread roll. The recipe will be 700 calories per serve if you use the whole bread roll.

## Allergens

Gluten (1), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 565.0kcal, Fat 23.4g, Proteins 27.5g, Carbs 52.5g



**1. Chargrill bread**

Heat a chargrill pan over high heat. Halve the **bread** lengthwise and brush half with 1 tsp **oil** (reserve remaining half for another use - see cooking tip). Cook for 1 min each side or until toasted and lightly charred. Cut the **garlic** in half and using 1 half, rub over the charred bread (reserve remaining half for step 5).



**4. Cook beans**

Cook the **green beans** in the pan of boiling water for 2 mins. Immediately drain and refresh the beans under cold water. Shave half the **parmesan** (reserve remaining for another use).



**2. Prepare artichokes**

Drain and rinse the **artichoke** halves. Pat dry with paper towel and season with **salt and pepper**. Cook on the hot chargrill pan for 1 min each side or until charred.



**5. Make dressing**

Finely chop the **shallot** and the remaining **garlic**. Combine half (or as much as you like) of the shallot, garlic, 1½ tbs **oil**, 3 tsp **vinegar**, 1 tsp **sugar** and some **salt and pepper** in a bowl and whisk with a fork until combined.



**3. Prepare salad**

Bring a small saucepan of lightly salted water to the boil. Thinly slice the **celery**. Trim and halve the **green beans**. Drain and rinse the **cannellini beans** and shake dry. Toast the **almonds** in a small frypan over low heat for 2-3 mins until golden. Set aside to cool.



**6. Get ready to serve**

Tear **bread** into small pieces. Place the bread in a serving bowl and top with the **salad leaves, celery, green beans, canned beans** and **artichoke** halves. Drizzle over the **dressing**, toss well and serve topped with the **almonds** and a little **shaved parmesan**.