



Microwaved artichokes

Ingredients (serves 1)

- 2 artichokes
- Extra virgin olive oil
- Balsamic vinegar

Method

1. Peel the outer leaves of the artichoke, peel and cut the stem slice off the top quarter and stem with a knife. Once clean, split each artichoke in half.
2. In a microwaveable container, place the artichokes, a tablespoon of oil and another of water.
3. Cook in the microwave for five to six minutes at maximum power.
4. Prepare a vinaigrette by mixing one part of vinegar with two parts of oil.
5. Serve the artichokes hot or warm with the vinaigrette.