

SARDINIAN FREGOLA

with artichokes Sardinian bottarga and chilli



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INGREDIENTS

— Available at Mediterranean foods

320g of Sardinian fregola coarse

1/2 glass of white wine

6 teaspoons of bottarga

4 fresh artichokes

Extra virgin olive oil

1/2 cup of roughly chopped Italian parsley

1 pinch of saffron stems

Juice of a lemon

salt

METHOD

1. First prepare the fresh artichokes by discarding the outer tougher leaves and the tip. Place the artichokes for 10 minutes in a bowl with water and 1/2 lemon juice — this will preserve the colour.
2. In a large pot gently fry the garlic, the chilli, the sun dried tomato and the parsley.
3. Slice the artichokes finely and add into the pot. Fry for a couple of minutes then add the wine. Let the wine evaporate and be absorbed by the artichokes then add the fregola and saffron.
4. Fry gently for 1 minute then add 1 litre of hot water. Simmer for 8 to 12 minutes, if necessary add some more water. The consistency should be like a soft porridge.
5. Season with salt and serve sprinkling the bottarga all over it and some more chopped parsley.

Buon Appetito!

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