



SPRING TIME SALAD

with artichokes, pecorino romano cheese and crispy smoked pancetta

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Serves

4 people

Ingredients available at Mediterranean Foods

Ingredients

- 1/2 cup of extra virgin olive oil
- 100g Pecorino Romano
- 200g of cubed smoked pancetta
- 2 witlof lettuce (endive)
- Juice of 1 lemon
- 2 tablespoons of finely chopped Italian Parsley
- 2 fresh artichokes
- 1 cup of fresh broad beans out of their pod
- 150g rocket salad

1. Wash the salads gently and spin them dry. Place them into a large serving bowl.
2. Clean the artichokes by removing the outer leaves and peeling the stem. Cut the artichokes in halves and remove the stinging tips and some of the furry bits inside.
3. With a sharp knife slice the artichokes as thin as you can and place them into a container with some water and half a lemon.
4. With a potato peeler shave the pecorino cheese on top of the salads. Add the broad beans and the artichokes drained and lightly squeezed.
5. Pour some oil in a pan and add the pancetta. Let it fry and become crispy. Cool then add into the salad.
6. For the dressing whisk together into a small bowl 1/2 cup of the oil, the lemon juice and the parsley.
7. Pour the dressing all over the salad. Mix nicely adding some black pepper and serve.

Buon Appetito!

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