

Alcachofas con piñones



ARTICHOKES are a widely available and hugely popular seasonal vegetable in Spain, and they are served as tapas in many bars whenever they are available. Often, they are served simply, with a stock and some jamón, and some fresh crusty bread.

This is a quick and easy recipe, packed with delicious and delicate flavours, none of which overpowers the main flavour of the artichokes.

Ingredients

300 - 400g tinned or bottled Artichoke hearts, drained and cut into quarters

Three strips of lemon zest, peeled using a potato peeler

2 sprigs of fresh thyme

50 g Pine Nuts

1 tsp honey

Salt and Pepper for seasoning

Extra Virgin Olive Oil

Heat 2 or 3 tablespoons of Extra Virgin Olive Oil in a frying pan, and add the strips of lemon zest. You want to gently fry the zest until it starts to crisp and spit a little, turning to cook both sides.

Add the pine nuts and the sprigs of thyme and gently toss the ingredients until the pine nuts start to turn a toasty, golden brown. Add the drained and quartered artichoke hearts and move everything around in the pan to warm through the artichokes. This will only take a few minutes.

Next, add a generous teaspoon of honey and season with salt and pepper to taste.

Cook for a few minutes more until the ingredients become deliciously sticky. Transfer everything to a serving bowl and enjoy!

