

Spring Vegetables

An odd title considering that the canned artichoke hearts are a somewhat less-than-usual ingredient. Untried as yet, this came from an Easter publication. The artichokes remind me of Spain, where they are very popular and readily available, so I think I will try this to accompany *Merluza a la Plancha* (Spanish griddled hake).

Planning

serves:	4
prep time:	10 mins
cooking time:	20 mins

Ingredients

3 tbsp olive oil
4 cloves garlic, sliced
6 spring onions, chopped
2 sprigs thyme, leaves only
chopped
280g/10oz jar/tin artichoke
hearts (~4), drained and
halved
350g/12oz peas
grated zest 1 lemon, plus
squeeze of juice
knob of butter
small handful parsley leaves,
chopped

Method

Heat the olive oil in a large saucepan, add the garlic and spring onions, then cook over a medium heat for 5 mins until the onions have softened.

Add the thyme, artichokes and peas, stir to combine. Tip in lemon juice, then cook for 5 mins until the peas are just done. Stir in lemon zest, butter and parsley, season to taste, then serve.