



ARTICHOKE SALAD

with Feta and Golden Potatoes

VEGGIE



HELLO

ARTICHOKE HEARTS

The crispy outer leaves of the roasted artichoke hearts add texture to any salad

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 431



Yukon Potato



Artichoke Hearts



Grape Tomatoes



Garlic



Green Olives



Mayonnaise



White Wine Vinegar



Baby Arugula



Feta Cheese, crumbled

BUST OUT

- Baking Sheet
- Whisk
- Large Bowl
- Sugar (1 tsp)
- Measuring Spoons
- Salt and Pepper
- Paper Towel
- Olive or Canola oil
- Strainer

INGREDIENTS

2-person

- Yukon Potato 340 g
- Artichoke Hearts 1 can
- Grape Tomatoes 113 g
- Garlic 10 g
- Green Olives 30 g
- Mayonnaise 3,4 2 tbsp
- White Wine Vinegar 9 1 tbsp
- Baby Arugula 113 g
- Feta Cheese, crumbled 2 ¼ cup

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

Preheat the oven to **450°F** (to roast the potatoes and artichokes). Start prepping when the oven comes up to temperature!



1 PREP POTATOES Wash and dry all produce.* Cut the **potatoes** into ½-inch cubes. On one side of a baking sheet, toss the potatoes and **garlic cloves** with **1 tbsp oil**. Season with **salt** and **pepper**.



2 ROAST VEGGIES Drain and rinse **artichoke hearts**. Cut each heart in half, then pat each half dry with paper towels and drizzle with **¼ tsp oil**. On the other side of the same baking sheet, arrange artichokes, cut side down. Roast in the centre of the oven, stirring **only** the **potatoes** halfway through cooking, until potatoes are golden-brown and artichokes are slightly crispy, 25-28 min.



3 PREP Meanwhile, cut the **tomatoes** in half. Roughly chop the **olives**. When the **garlic cloves** are finished roasting, place the cloves in a large bowl. Using a fork, mash the cloves. Whisk in the **mayo**, **1 tbsp vinegar**, **1 tsp sugar** and **1 tbsp oil**.



4 ASSEMBLE SALAD Add the **roasted veggies** and the **tomatoes** to the large bowl with the **dressing**. Toss to coat. Season with **salt** and **pepper**.



5 FINISH AND SERVE Divide the **arugula** between plates, then top with the **veggies**. Sprinkle over the **feta** and **olives**.

OPA!

We're feeling some serious Mediterranean vibes with this salad!

