



Globe Artichoke, Lemon & Herb Couscous

What to collect

Ingredients	Equipment
3 globe artichokes or 300g artichoke hearts	chopping board
2 tablespoons lemon juice	knife
2 tablespoons olive oil	medium saucepan
2 onions, thinly sliced	juicer
20g unsalted butter	large frying pan
250g couscous	wooden spoon
600ml boiling vegetable stock	zester
2 tablespoons herbs from the garden	
1 teaspoon lemon zest	
2 tablespoons mixed seeds toasted	

What to do

1. Remove tough outer leaves off artichokes and remove stalk.
2. Once the leaves are soft, trim them about 2cm off the top and cut into half so that you get to the artichoke heart.
3. Remove the hairs and cut each half into 4 pieces.
4. Quickly place them into a saucepan with water just covering them and add the lemon juice (perhaps zest the lemon first.)
5. Bring to the boil and reduce heat and simmer for about 8 minutes until they are almost cooked. Drain, season with salt/pepper and set aside.
6. Place oil in a saucepan, add onions, with $\frac{3}{4}$ teaspoon salt and cook for 10 minutes, stirring often until brown and caramelised.

- 7. Add the butter and stir in artichokes.**
- 8. Add couscous & stock. Stir once and turn heat down to low and place a lid on the saucepan for 15 minutes.**
- 9. Remove from heat and let it sit covered for 5 minutes.**
- 10. Gently add lemon zest and herbs.**