

Stuffed Artichoke Heart with Pico Affiné



Informations

People : 1

Preparation : 20 min.

Cooking time : 30 min.

Ingredients

- 1 Pico Affiné
- 1 artichoke
- 100 ml white wine
- 1 sprig of thyme
- 1 clove of garlic
- 1/2 lemon
- 2 tablespoons olive oil
- Parsley for garnish
- Salt/Pepper

Preparation steps

1. Trim the artichoke and rub it with half of the lemon.
2. Heat the oil in a saucepan and sauté the artichoke heart.



3. Add thyme, crushed garlic, a pinch of salt, and white wine.
4. Cook covered over low heat.
5. Once the artichoke has cooled, remove the choke with a spoon.
6. Place the Pico Affiné in the bottom of the artichoke and bake at 180°C for about 10 minutes.

? **Tip:** You can purchase quality frozen artichoke hearts in stores, which eliminates the need for trimming.