



Spring Big Batch: Fried Artichoke Salad with Prosciutto & Creamy Parmesan Dressing



30-40min



2 Servings

Usually prosciutto is the star of a dish, but here the veggies steal the show! Meaty artichokes fry to golden perfection for a tangy and savory bite. They nestle alongside plump peas on a bed of delicate spinach. A luxurious dressing of sour cream, lemon zest and juice, Italian seasoning, and grated Parmesan drizzles over the plentiful salad bursting with color and flavor. We've got you covered! (2-p serves 4; 4-p serves 8)

WHAT WE SEND

- 14 oz can artichokes
- $\frac{3}{4}$ oz Parmesan ⁷
- 1 lemon
- $\frac{1}{4}$ oz fresh parsley
- 3 (1 oz) sour cream ⁷
- $\frac{1}{4}$ oz Italian seasoning
- 5 oz peas
- 5 oz baby spinach
- 2 (2 oz) pkgs prosciutto

WHAT YOU NEED

- garlic
- kosher salt & ground pepper
- olive oil

TOOLS

- microplane or grater
- microwave
- medium skillet

ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 330kcal, Fat 27g, Carbs 9g, Protein 13g



1. Prep ingredients

Drain **artichokes** and pat completely dry, pressing with a towel to release as much moisture as possible.

Finely grate **Parmesan**, if necessary. Finely grate $\frac{1}{4}$ **teaspoon garlic**. Zest **all of the lemon** and squeeze **1 teaspoon juice**; cut remainder of lemon into wedges. Roughly chop **parsley leaves**; discard stems.



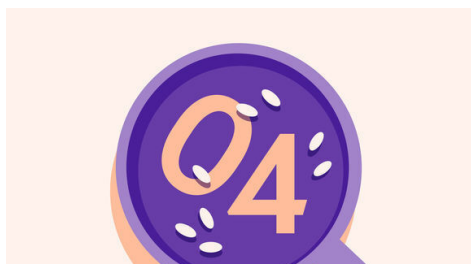
2. Make dressing

In a small bowl, whisk to combine **sour cream**, **lemon zest and juice**, $\frac{3}{4}$ of the **grated Parmesan**, and $1\frac{1}{2}$ **teaspoons Italian seasoning**. Season to taste with **salt** and **pepper** and thin out with water, 1 tablespoon at a time, until sauce is smooth and pourable (about 3 tablespoons water).



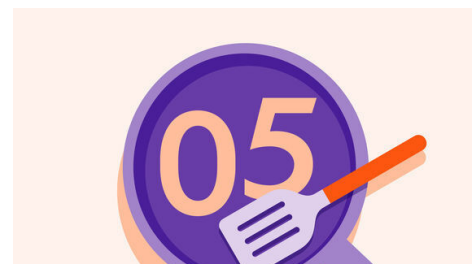
3. Marinate peas

Microwave **peas** in a small bowl until warmed through, about 2 minutes. Add **garlic**, **parsley**, and **2 tablespoons oil**; season with **salt** and **pepper**. Toss to coat; set aside.



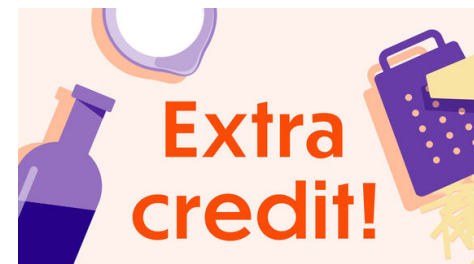
4. Fry artichokes

Heat $\frac{1}{2}$ -**inch oil** in a medium skillet until shimmering. Working in batches if necessary, add **artichokes** and cook until deeply golden brown, flipping halfway, about 5 minutes (artichokes will begin to open as they cook). Transfer to a paper towel-lined plate and season with **a pinch of salt**.



5. Assemble salad & serve

In a large bowl, toss **spinach** with **a drizzle of oil** and **a squeeze of lemon**. Transfer to a serving platter and top with **marinated peas**, **fried artichokes**, and **prosciutto**. Drizzle with **Parmesan dressing** and garnish with **remaining Parmesan**. Enjoy!



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