



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

PASTA WITH ASPARAGUS & ARTICHOKE HEARTS



Enjoy both asparagus and artichokes in this flavorful spring side dish.



01 HR 20 MINS



Serves 4



INGREDIENTS

4 artichokes, hearts removed
1 pound asparagus
1 lemon
1 pound pasta
2 cloves garlic
3 tablespoons butter

METHOD

The real challenge in this dish is removing the artichoke hearts. See reverse side for directions.

Once all the hearts are peeled, cook them in boiling water with a pinch of salt, 1/4 lemon and some whole black peppercorns until they can be pierced with a knife, 10-15 minutes. Cube and set aside to add to pasta. Cook pasta according to package directions.

Break the ends off asparagus, reserve these for soup. Sauté whole in 1 tablespoon of butter until tender. Salt and pepper to taste. The time will vary based on their thickness, 7 minutes for very thin and up to 14 minutes for fat asparagus. Set aside.

Thinly slice garlic and sauté in butter. When lightly browned, add asparagus and artichoke heart. Season with 1/4 to 1/2 lemon, and toss with pasta. Finish with a hard grating cheese; salt and pepper to taste.