

Artichoke, Mint & Feta Bites



R & J Mazza
GLOBE
ARTICHOKES

Dipping Sauce Ingredients

200g sour cream,
Zest and juice from ½ lemon,
1 tablespoon mint, finely chopped,
1 teaspoon olive oil,
Salt & pepper, to taste,

Ingredients

1 cup artichokes hearts, chopped,
½ red onion, diced,
150g feta cheese, crumbled,
2 eggs, slightly beaten,
¼ cup milk,
½ cup self raising flour
2 tablespoons fresh mint, chopped,
Salt & cracked pepper, to taste,

Light olive oil for frying



How to Prepare

1. Mix dipping sauce ingredients in a bowl and refrigerate for at least 1 hour to allow flavours to fuse.
2. Mix remaining ingredients and stand for 10 mins.
3. Heat oil in pan. Place half a spoonful of mixture into hot oil. When golden, turn and fry the other side. When cooked remove and place on absorbent paper.
4. Place on serving dish and serve with Lemon-Mint Dipping Sauce.

Makes approx. 30 depending on size

