## **Ingredients**

150g artichoke hearts, chopped,
½ medium onion, chopped,
3 rashes short bacon, chopped,
1 clove garlic, finely chopped,
1 carrot, grated,
¼ cup sunflower oil,
Zest of 1 lemon,
2 tablespoons parmesan cheese, grated,
½ cup tasty cheese, grated,
1/3 cup self raising flour,
¼ cup milk,
3 eggs,
2 tablespoons parsley, chopped,
Salt & pepper, to taste,



## **How to Prepare**

- 1. Preheat oven to 180°C.
- 2. Brush square baking dish with oil.
- 3. Place oil in pan and gently sauté artichokes, onion, garlic and bacon until cooked. Cool.
- 4. Place remaining ingredients in a bowl and mix well. Add artichoke mixture and combine. Pour into baking dish.
- 5. Bake in oven for 40 minutes or until cooked.

## Serves 6

