

# *Battered Artichoke Hearts with Mint-Lime Yoghurt Dip*



*R & J Mazza*  
GLOBE ARTICHOKES

## **Dipping Sauce Ingredients**

200g natural yogurt,  
½ clove garlic, crushed,  
½ cup cucumber, seeded and finely chopped,  
Zest and juice from 1 lime,  
1 tablespoon mint, finely chopped,  
Salt & pepper, to taste,

## **Batter Ingredients**

1 cup plain flour,  
1 teaspoon baking powder,  
¼ teaspoon ground turmeric,  
½ teaspoon ground cumin,  
½ teaspoon ground coriander,  
1 egg,  
1 tablespoon oil,  
1¼ cups water,  
Salt & cracked pepper, to taste,



## **Ingredients**

500g artichoke hearts, quartered,  
Vegetable 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 batter ingredients and stand for 10 mins.
3. Heat oil in pan. Dip artichoke hearts in batter, drip excess batter and place in frypan. When golden remove and place on absorbent paper.
4. Place on serving dish and serve with Mint-Lime Yogurt Dipping Sauce.

