

## Grilled Vegetable & Artichoke Penne



R & J Mazza  
GLOBE ARTICHOKE

### Ingredients

300g penne,  
¼ teaspoon salt,  
350g artichoke hearts, sliced,  
3 tablespoons extra light olive oil,  
2 cloves garlic, finely chopped,  
¼ cup dry white wine,  
1 punnet 250g cherry tomatoes,  
halved and grilled,  
1 red onion, sliced and grilled,  
1 red capsicum, grilled and cut into strips,  
150g bocconcini, drained and chopped  
¼ cup fresh basil, torn,  
Salt and pepper, to taste,  
Parmesan cheese, grated or shredded,



### Extra Ingredients

3 tablespoons balsamic vinegar,  
3 tablespoons extra light olive oil,  
Salt & cracked pepper to taste,  
2 tablespoons extra virgin olive oil,

### How to Cook

Grill whole capsicum until skin turns brown, set aside to cool. Once cooled, peel, remove seeds and cut into strips.

Halve cherry tomatoes, and toss into balsamic vinegar, oil and salt & pepper. Remove from marinade and place under a hot grill for 4-5 minutes until cooked, but remaining firm. Reserve the marinade.

Slice red onion, and toss into reserved balsamic vinegar mixture. Remove from marinade and place under a hot grill for 3-4 minutes until cooked, but remaining firm.

Boil water in a saucepan, and add penne and salt. While cooking, prepare remaining ingredients.

Put extra light olive oil in a frypan, when hot add garlic. Sauté until cooked, add sliced artichoke hearts and cook for a further minute. Add wine, salt and pepper and simmer until wine is absorbed (approx. 1 minute). Take frypan off the heat, add grilled vegetables and set aside.

When cooked, drain penne and add extra virgin olive oil to avoid it from sticking together, mix through.

Add artichoke & vegetable mixture. Add basil & cheese and mix well. Place in serving plates and sprinkle with parmesan cheese if desired.

**Serves 4**



Artichoke ... the King of Vegetables