

Parmesan-Crumbed Artichoke Hearts



R & J Mazza
GLOBE ARTICHOKES

Ingredients

300g Artichoke hearts
½ cup plain flour
2 eggs,
1 tablespoon milk
Salt & cracked pepper
1 cup panko breadcrumbs
¼ cup parmesan cheese, grated
2 tablespoons parsley, chopped

Olive oil for shallow frying

1 cup Arborio rice



Method

1. Place flour in a bowl. Place eggs, milk, salt & pepper in another bowl and whisk lightly.
2. Place breadcrumbs, parmesan cheese and parsley in a third bowl and mix well.
3. Roll artichoke heart in the flour, then dip in egg mixture. Roll in the breadcrumbs and place on a tray. Place in fridge to chill.
4. Heat oil in frypan. Fry hearts until golden, remove and place on absorbent paper.

