



STUFFED ARTICHOKE WITH CARMELISED ONIONS

WE OFTEN ASSOCIATE CARMELISED ONIONS WITH BURGERS, BUT I'VE TEAMED THEM HERE WITH ARTICHOKE AND BUTTER BEANS TO CREATE A DELIGHTFUL VEGAN SNACK. USING WHITE BALSAMIC VINEGAR STOPS THE ONIONS FROM DARKENING TOO MUCH AND PROVIDES A GENTLER FLAVOUR COMPARED WITH ITS BROWN-HUED COUNTERPART. BUT IF YOU DON'T HAVE ANY WHITE BALSAMIC, THEN THE MORE REGULAR, DARK ONE IS EQUALLY DELICIOUS. BOTH ARE MADE FROM GRAPES, SO YOU CAN'T GO WRONG!

1 x 400g tin butter beans	¼ cup olive oil	3 Tbsp white balsamic vinegar
2 Tbsp liquid from butter beans	salt and pepper to taste	3 tsp sugar
3 Tbsp roughly chopped fresh basil	2 large onions, halved and thinly sliced	2 x 390g tins artichoke bottoms or hearts
1 Tbsp lemon juice	¼ cup olive oil	micro herbs for garnishing

1. In a blender, whizz the butter beans, 2 Tbsp of liquid from the butter beans, basil leaves, lemon juice and olive oil until puréed. Season with salt and pepper and set aside.
2. In a pot on a low heat, combine the onions, olive oil, balsamic vinegar and sugar and simmer for 15–20 minutes, stirring occasionally, until the onions have softened and caramelised. When cooked, drain off the liquid.
3. If using artichoke hearts, cut them in half.
4. To serve, add a dollop or two of the butter bean purée to each artichoke, add a generous helping of onion and garnish with micro herbs.