

## Mediterranean Artichoke Salad: Fresh, Bright & Easy Summer Side

Mediterranean-inspired salad



**TIME**  
**15-30 min**

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### INGREDIENTS

1 can (about 200g) marinated artichoke hearts, drained and halved  
200g cherry or cocktail tomatoes, cut into thick cubes  
2-3 tablespoons capers, drained  
2-3 tablespoons extra virgin olive oil  
1 tablespoon balsamic vinegar or lemon juice (optional)  
Freshly ground salt and black pepper, to taste  
Fresh chopped parsley (optional), for garnish

### DIRECTIONS

- 1. Prepare : Vegetables:** Thoroughly drain the marinated artichoke hearts and cut them in half. Cut the cherry tomatoes into thick cubes. Ensure the capers are well-drained.
- 2. Combine : Ingredients:** In a large mixing bowl, add the prepared artichoke hearts, tomato cubes, and drained capers.
- 3. Season:** Pour the extra virgin olive oil over the vegetables. If using, drizzle in the balsamic vinegar or lemon juice. Season generously with freshly ground salt and black pepper, to your taste.
- 4. Gentle : Mix:** Gently toss all the ingredients with a spoon or salad tongs. The goal is to evenly coat the vegetables without crushing the tomatoes, preserving their shape and juicy texture.
- 5. Serve : Fresh:** Just before serving, sprinkle generously with fresh chopped parsley for a burst of color and herbaceous flavor. Serve chilled or at room temperature.

### SWAPS & NOTES

**Artichoke Hearts:** Marinated artichoke hearts add a lovely tang and tenderness.

You could also use plain canned artichoke hearts (rinse well) or even cooked and cooled frozen artichoke hearts.

**Tomatoes:** Cherry or cocktail tomatoes are ideal for their sweetness and pop.

Any ripe, flavorful tomato cut into a good bite-sized cube will work.

### TIPS FOR SUCCESS

Drain Artichokes Well: Even marinated artichokes can hold excess liquid.

Gently patting them dry with a paper towel can help concentrate their flavor and prevent diluting your dressing.

Ripe Tomatoes: Choose ripe, flavorful tomatoes.

Their natural sweetness is a key component of this salad.

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