

Marinated feta, charred artichoke, green olive and basil salad with soft boiled hens' egg, crispy garlic croutes, tomato and spring onion

Serves x 2

Ingredients;

For the marinated feta

100g of good quality feta cheese

5 tablespoons of olive oil

1 bulb of garlic crushed

1 sprig of thyme

5 pink peppercorns

Dice the feta and cover with the olive oil then add the garlic, thyme and peppercorns, place in an air tight container with a lid and marinade in the fridge for a few hours before using (the longer the better)

For the salad

1 handful of washed and drained baby leaf spinach

1 handful of washed and drained arugula

3 x globe artichoke hearts, you can buy pre prepared in a jar or prep them yourself its entirely up to you (remove any excess liquid/oil and char in a dry hot pan and then set aside)

1 small handful of green olives cut in ½

3 stems of basil picked from the stalk

1 x medium sized soft boiled hens' egg (bring a saucepan of water to the boil and carefully place the egg in and boil for 8 minutes then leave to cool down, peel and slice into 8 wedges)

10 x crispy garlic croutes (Slice 10 thin pieces of baguette and lay them out onto an oven tray, drizzle with some olive oil and season with sea salt, then bake in a hot oven at 190c for about 4-6 minutes or until golden and crisp, then set aside)

1 x plum tomato neatly diced

3 spring onions, washed and sliced into long thin pieces and covered in icy water so that they curl up nicely for presentation

Now to serve the salad

Place the spinach and arugula in to a mixing bowl along with the green olive half's, diced tomato and basil then drizzle some of the olive oil from the feta over the leaf's until nicely coated

Next divide the salad between two plates and arrange nicely using all of the plate

Then arrange the sliced egg, garlic croutes, marinated feta and charred artichokes carefully on and around the salad and decorate with the curly spring onions and serve