



## Pan Fried Artichoke Hearts with Lemon Aioli

---

*Makes 4 portions*

### **Ingredients:**

1 lb.	Artichoke Hearts – fresh or frozen (defrosted)
8 each	Seasoned Flour
3 oz.	Olive Oil
To Taste	Salt and Pepper
4 oz.	Lemon Aioli

### **Directions:**

Season the artichokes with salt and pepper. Dredge in seasoned flour.  
Pan fry in olive oil until golden and crisp – remove and drain well  
Serve with Lemon Aioli

© 2016 Team Four Foodservice, all rights reserved