Broad bean and artichoke salad

**Ingredients**

**½ tin**  artichoke hearts, cut into quarters

**3 Tbsps** [White vinegar](https://eatsmarter.com/recipes/ingredients/white-vinegar-recipes)

**300 grams** [Broad bean](https://eatsmarter.com/recipes/ingredients/fava-bean-recipes) (fresh or frozen)

**4 Tbsps** [olive oil](https://eatsmarter.com/ingredients/fruit/olive-oil)

**¼ tsp** [sugar](https://eatsmarter.com/ingredients/sweets/sugar)

**½ tsp** [fennel seeds](https://eatsmarter.com/recipes/ingredients/fennel-seed-recipes) (crushed)

**½ tsp** [Coriander](https://eatsmarter.com/recipes/ingredients/coriander-recipes-0) seeds (crushed) and some fresh coriander or garlic flowers.

¼ tsp freshly ground pepper and salt

30-40 rocket leaves

**Method**

**1. Pod broad beans, gather other ingredients. Use Pestle and mortar to crush the spices**

**2. Blanch beans for about 6 minutes in boiling salted water. Drain well.**

**3. Drain artichokes and cut into pieces.**

**4. Whisk vinegar with oil, sugar, fennel and coriander, season with salt and pepper. Combine beans with artichokes and arrange on plates and drizzle with the dressing.**

**5. Scatter rocket leaves onto a platter and top with the broad bean mix. Garnish with edible flowers, or fresh coriander if flowers unavailable.**