

## INGREDIENTS

- o 3 tablespoon olive oil
- o 2 teaspoon butter
- o 2-3 crush garlic cloves
- o 2 tablespoon chopped onions
- o 2 plum tomatoes sliced into wedges (may substitute with cherry tomatoes)
- o ½ cup of cut asparagus
- o 3 artichoke hearts cut length wise
- o 2 tablespoon chopped pitted Gaeta olives
- o ½ cup of grated Parmigiano cheese
- o ½ cup of vegetable stock
- o Sea salt & pepper to taste

## PREPARATION

1. Heat the onions with olive oil
2. Add butter for 2 minutes
3. Stir in the asparagus and artichokes and saute' until tender for about 3 minutes
4. Add olives and tomatoes and keep stirring until the all the vegetables soften
5. Season with sea salt and pepper, to taste.
6. Pour in the stock and continue cooking until sauce thickens
7. Sprinkle the Parmigiano Reggiano to finish once plated