

Uncover and simmer until the pasta is reduced to a thick glaze, adding water a tablespoon at a time if necessary.

Preheat the grill.

Dollop the crème fraîche over the top of the artichokes and spread it into an even layer. Sprinkle the cheese over the top and immediately transfer to the grill.

Grill for about 4 minutes, or until the top is golden brown and the edges are bubbling.

Remove from the grill and serve.

Leeks and Swiss Chard with Coconut Milk

Serves 4

Time required: About 20 minutes

The combination of leeks and chard seems a bit bland, but once you heat things up with the garlic and curry and add the richness of the coconut milk, you have a dish that is anything but bland. You can use kale or other greens in place of the chard, but try not to use very bitter greens because it will overpower the sweetness of the leeks.

- 5 organic leeks, including white and tender green parts, trimmed and well washed
- 2 tablespoons organic ghee from grass-fed cows
- 2 cloves organic garlic, peeled and sliced
- 225g organic Swiss chard leaves, trimmed of tough stalks and cut crosswise into ribbons
- 1 teaspoon organic hot curry powder
- ¼ teaspoon organic ground turmeric
- Fine sea salt to taste
- 400ml organic unsweetened coconut milk
- 30g chopped toasted organic unsalted nuts, such as a mix of almonds, walnuts, cashews, and macadamia nuts

BREAKING THE SPELL

Cut the leeks crosswise into 1cm-thick diagonal slices.

Heat the ghee in a large frying pan over medium-low heat. Add the garlic and fry, stirring frequently, for a couple of minutes, or just until it softens but hasn't taken on any color.

Add the leeks along with the chard and continue to cook, stirring frequently, for about 5 minutes, or until the vegetables begin to soften.

Add the curry powder and turmeric and season with salt. Cook, stirring, for another 3 minutes, or until the leeks are tender.

Add the coconut milk and bring to a simmer. Simmer for about 4 minutes, or just until the mixture begins to bubble.

Remove from the heat, scrape into a serving bowl, and sprinkle with chopped nuts.

Serve immediately.

Broccoli