

Tickle your tastebuds with feel-good recipes from Dr. Olivier Courtin that help promote beautiful skin.

ARTICHOKE, RAW ASPARAGUS AND EINKORN SALAD

RECIPE

Bring salted water to the boil and cook the einkorn for 45 minutes.

Drain and cool. Trim the raw green asparagus or keep the wild asparagus without trimming.

Wash the artichokes in cold water to which lemon juice has been added so that they don't darken. Next, trim the artichokes.

Arrange the cold einkorn in the bottom of a bowl. Cover with the artichokes, asparagus and salad greens. Sprinkle with sunflower seeds.

Drizzle with a little olive oil, the juice and zest of the lemons, salt and pepper to taste, a few fresh herbs and the fresh thyme.



FOR 4 people

PREPARATION 15 minutes

COOKING 45 minutes

- 7 oz. (200 g) einkorn
- 1 bundle green asparagus or wild asparagus
- 8 violets de Provence (small purple artichokes)
- 2 organic lemons (so that you can use the zest)
- 2 handfuls seasonal salad greens
- 1 Tbs. sunflower seeds
- Olive oil
- Salt, pepper
- 1 bunch fresh herbs
- Fresh thyme