



Ingredients

- 1 French stick
- 200g artichoke hearts
- 2 cloves garlic, roughly chopped
- ½ cup green olives
- 2 teaspoons capers
- ¼ sour cream
- 2 tablespoons olive oil
- Salt & pepper to taste
- 2 tablespoons parsley, roughly chopped



How to Prepare

1. Slice French stick in 1.5cm thick slices.
2. Toast bread slices in griller or bake in oven preheated to 220°C until golden. Remove and place on racks to cool.
3. Place all remaining ingredients in blender and blend until slightly coarse.
4. Place small amounts of mixture on toasts and serve. Garnish with extra capers if preferred.

The artichoke paste can be made in advance and refrigerated until required.

