

# CANTALOUPE & CHORIZO

**Time: 20 minutes**

**Serves: 4**

### Ingredients:

- 8 ounces chorizo – sliced
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons red wine vinegar
- 1 teaspoon Dijon mustard
- 2 teaspoons flat-leaf parsley – finely chopped
- 1 teaspoon tarragon – finely chopped
- ¼ teaspoon kosher salt
- ¼ teaspoon fresh ground black pepper
- 1 cantaloupe – seeded and cubed
- 1 cup marinated artichoke hearts

### Preparation:

Place a pan on medium heat and add the chorizo. Cook until browned on both sides, turning only once and set aside.

While the chorizo is cooking, whisk together the oil, vinegar, Dijon, parsley, tarragon, salt and pepper.

Toss the cantaloupe and artichokes with the dressing. Add the chorizo, toss and serve.

### Nutritional Information Per Serving:

- Calories: 334
- Fat: 23g
- Carbs: 16g
- Fibre: 3g
- Protein: 18g