

Fennel and Orange Salad

Ingredients:

200 grams rocket or 1 iceberg lettuce, washed
½ fennel bulb thinly sliced using a mandolin
4 oranges, segmented
1 bunch radishes finely sliced (optional)
½ red onion, thinly sliced
1 cup parsley washed and roughly chopped

Dressing:

¼ cup olive oil
juice of 1 orange
1 tablespoon Dijon mustard
salt and pepper to taste

Method:

1. Wash the rocket/lettuce. Roughly tear the lettuce leaves into a large bowl.
2. Add all the prepared ingredients for the salad to the bowl.
3. Combine the dressing ingredients in a jar and shake until mixed well.
4. Add the dressing to the salad and toss well.