



Orange and Fennel Salad

This amazing fresh salad is full of nutrients, refreshing and is a great way to get the benefits of fennel, while providing something a bit different. This is one of my go-to salads for entertaining. I make it whenever I can get fresh fennel bulbs.

INGREDIENTS

2 fennel bulbs, sliced thinly
2 oranges, peeled and segmented
about 2 tbs of kalamata olives, pitted
1/2 cup of either walnuts or almonds, roughly chopped
1 good handful of baby rocket
1 good handful of fresh herbs, chopped. I like parsley and coriander
3 tbs olive oil
2 tbs balsamic vinegar,
1/2 tsp dijon mustard

DIRECTIONS

Mix the olive oil, mustard and vinegar and set aside.

Mix all the salad ingredients together then pour over dressing. Mix well and enjoy.