

**Fennel, Rocket and Orange salad**

**Season:** Spring

**Type:** Accompaniment

**Difficulty:** Easy

**Serves:** 32 tastes

**From the garden:** Fennel, Rocket, Parsley

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| **Equipment:**  Blender  Salad spinner  Chef’s knife  Chopping board  Juicer  Measuring jug | **Ingredients:**  6 cups Rocket  1/3 cup parsley leaves  1 tbs fennel leaves  1 Fennel bulb  3 oranges  3 tbs olive oil  3 tbs apple cider vinegar  2 tbs orange juice  salt  pepper |

**What to do:**

1. Wash rocket and parsley thoroughly. Dry in the salad spinner.
2. Wash fennel then very thinly shave into thin strips.
3. Chope some fennel leaves to sprinkle over salad.
4. Carefully segment oranges, Mrs. Nimos will demonstrate.
5. Squeeze orange juice out of orange pith before throwing out.
6. Place oil, vinegar, juice, salt and pepper into a small jar, shake well.
7. Divide rocket, parsley, fennel and orange segments between 4 bowls.
8. Sprinkle with fennel leaves.
9. Drizzle with dressing just before serving.