

**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:**BlenderSalad spinnerChef’s knifeChopping boardJuicerMeasuring jug | **Ingredients:**6 cups Rocket1/3 cup parsley leaves1 tbs fennel leaves1 Fennel bulb3 oranges3 tbs olive oil3 tbs apple cider vinegar2 tbs orange juicesaltpepper |

**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.