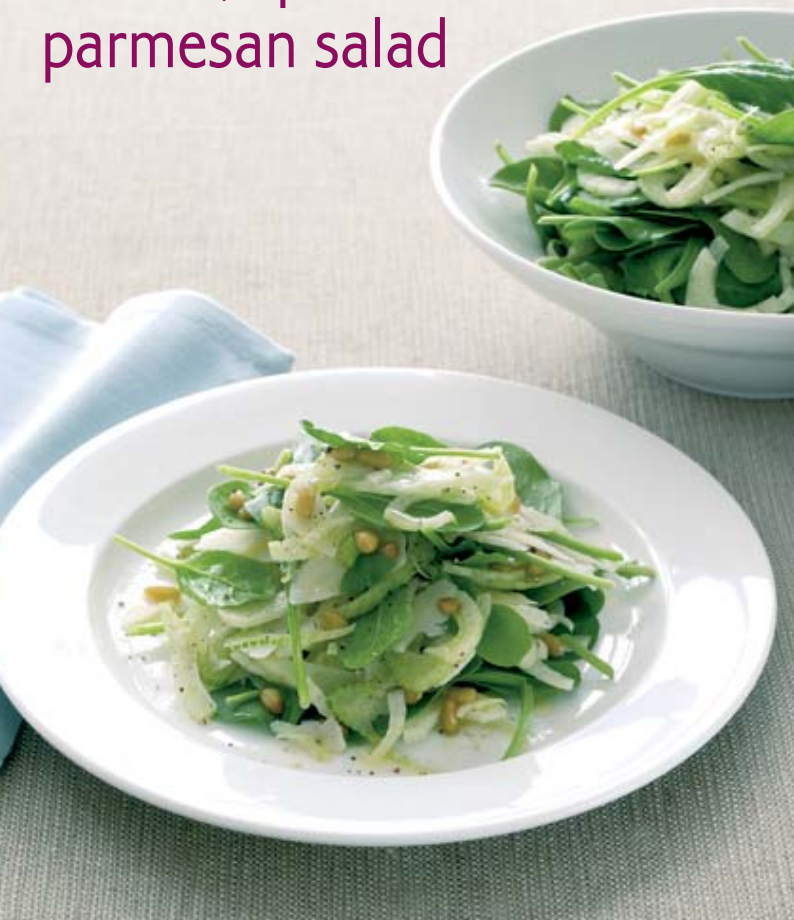


Fennel, spinach & parmesan salad



Fennel, spinach & parmesan salad

Preparation: about 20 minutes

Cooking: about 5 minutes

Serves: 4

- 2 baby fennel bulbs, trimmed, halved lengthways and finely sliced
- 1/3 cup extra virgin olive oil + extra to serve
- 1/4 cup pine nuts
- 1 garlic clove, crushed
- 1/4 cup lemon juice
- 100g baby spinach leaves
- 100g parmesan cheese, thinly sliced



1. Place fennel in a large bowl. Set aside.
2. Heat oil in a small frying pan over medium heat until hot. Add pine nuts and cook, stirring often, for 2–3 minutes until pine nuts are golden. Remove from heat and add garlic and lemon juice. Drizzle hot pine nut mixture over fennel. Season with salt and pepper to taste. Toss gently to combine. Set aside for 15 minutes (or longer if time permits).
3. Toss spinach and parmesan through fennel. Season with salt and pepper to taste. Drizzle with extra virgin olive oil to taste and serve.

Fennel:

- A good source of dietary fibre, which helps keep the intestine functioning well and also vitamin C, a vitamin needed to defend the body against infection.