

Fennel, orange & chicken salad



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Preparation: about 25 minutes

Serves: 4

3 bulbs baby fennel, trimmed, halved lengthways and very thinly sliced

2 oranges, peeled and thinly sliced

100g feta cheese, crumbled

1 barbecued chicken, flesh shredded (discard skin and bones)

100g small black olives

½ small red onion, very thinly sliced

Lemon dressing

¼ cup olive oil

2 tablespoons lemon juice

Salt and ground black pepper

1. Combine fennel, oranges, feta cheese, chicken, olives and red onion in a large bowl.
2. To make lemon dressing, combine ingredients in a screw-top jar. Shake until well combined.
3. Drizzle dressing over salad, gently toss to combine and serve.



Fennel

- A good source of dietary fibre, which helps the intestine functioning well and also vitamin C, a vitamin needed to defend the body against infection.
- Provides potassium which is important to provide balance to adverse effects of salt in our diet.
- A source of folate, one of the B complex vitamins that is especially important during the early weeks of pregnancy.