

# Fennel, feta & pomegranate salad



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Preparation 30 | Serves 4

This salad is great served with barbecued lamb, fish or chicken.

- 2 tbs olive oil
- 2 tsp sumac\*
- 1 lemon, juiced
- 2 medium fennel (about 900g) bulbs
- ½ cup flat-leaf parsley leaves, chopped
- 80g marinated feta cheese, drained and crumbled
- ½ small pomegranate, seeds removed
- Extra virgin olive oil, for drizzling
- Char-grilled bread, to serve

\*Sumac is a Middle Eastern seasoning that's available from supermarkets

**STEP 1** Combine oil, sumac, lemon juice and salt and pepper in a bowl. Set aside. Trim fennel, reserving some fronds to garnish. Very finely slice fennel lengthways. Place into bowl with oil mixture. Add parsley and toss to combine. Set aside for 15 minutes.

**STEP 2** Arrange fennel mixture on a serving plate and sprinkle with feta. Sprinkle with pomegranate seeds and reserved fennel fronds. Drizzle with extra virgin olive oil and gently toss to combine. Serve with char-grilled bread.

## Good for you... **POMEGRANATE**

A good source of vitamin C. This vitamin is an important part of the body's defence system against infection. Provides folate, one of the B vitamins that plays a role in heart health. A good source of vitamin K. This vitamin is one of the many compounds that is important for strong bones.

