

# Fennel, orange & spinach salad with fish



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Preparation 25 mins | Cooking 10 mins | Serves 4

- 2 large oranges
- 1 large bulb fennel, trimmed, halved and very thinly sliced
- ½ cup flat-leaf parsley leaves, chopped
- 50g baby spinach leaves
- 75g small black olives
- 2 tbs extra virgin olive oil
- 2 tsp sherry or white wine vinegar
- 2 tbs olive oil
- ¼ cup pine nuts
- 4 x 200g white fish fillets (like blue-eye or kingfish)

**STEP 1** Peel, remove pith and segment the oranges. Place segments into a large bowl. Add fennel, parsley, spinach and olives. Toss to combine. Set aside.

**STEP 2** To make dressing, combine extra virgin olive oil and vinegar in a screw-top jar. Season with salt and pepper to taste. Shake until well combined.

**STEP 3** Heat 1 tbs olive oil in a large non-stick frying pan over medium heat. Add pine nuts and cook, tossing often, for 1-2 minutes until golden. Using a slotted spoon transfer to a plate lined with paper towel. Season fish with salt and pepper. Heat remaining 1 tbs oil in pan, add fish and cook for 3-5 minutes on each side (depending on thickness) or until just cooked through. Drain on paper towel.

**STEP 4** Add pine nuts and dressing to fennel salad. Gently toss to combine and serve with fish.

## Good for you... **FENNEL**

*A good source of dietary fibre, which helps the intestine function normally and also vitamin C, a vitamin that contributes to the function of the body's normal immune system. Also contains a source of potassium.*

