

Fennel, pink grapefruit & salmon salad

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Preparation 25 mins | Cooking 15 mins | Serves 4

- 3 baby fennel
- 2 pink grapefruit, peeled
- 2 tbs olive oil
- 50g wild rocket leaves
- 2 x 250g thick Tasmanian Atlantic salmon fillets, pin-boned
- ¼ cup toasted pine nuts

Grapefruit dressing

- ¼ cup fresh grapefruit juice (reserved as above)
- 2 tsp Dijon mustard
- 2 tbs extra virgin olive oil

STEP 1 Using a V-slicer or sharp knife, very finely slice fennel. Segment grapefruit over a bowl, reserving the juice. Combine fennel and grapefruit in a bowl. Set aside.

STEP 2 To make dressing, combine all ingredients in screw-top jar. Season with salt and pepper to taste. Shake until well combined. Set aside.

STEP 3 Heat oil in a large non-stick frying pan over medium-high heat. Add salmon and pan-fry for 3-4 minutes on each side until golden and almost cooked through. Transfer salmon to a plate lined with paper towel. Cover and set aside to cool slightly.

STEP 4 Arrange fennel mixture and rocket on a serving platter or plates. Roughly flake the salmon and add to salad. Sprinkle with pine nuts. Drizzle with dressing and serve.

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. Has virtually no fat and few kilojoules so is a useful food for those trying to control weight. A source of potassium.

