

Fennel, orange & spanish onion salad

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We love this fennel salad recipe from Dorota Trupp.

Ingredients (serves 4)

- 3 oranges
- 1 tsp mustard
- 8 tbsp olive oil
- 1 lemon
- 1 fennel bulb
- 150 g sheep milk feta cheese
- 1 white or red onion peeled
- 10-15 mint leaves
- 15-20 black or green olives
- Salt and pepper
- 2-3 handfuls of rocket salad

Method

Peel two of the oranges by cutting the ends of the orange with a sharp knife.

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Place the fruit onto a cutting board with one of the freshly cut sides down. Now cut downwards and remove the peel in sections, making sure you remove all the pith.

Slice the oranges into four to six slices.

Remove the stalks of the fennel. Pick the green leaflets off and reserve them for the garnish.

Slice the fennel into one to two mm thick rings and place into a bowl.

Slice the onion into one to two mm thick rings and place into a bowl.

Break the feta cheese into small pieces and add to the fennel and onions.

Add olives to the mix.

Squeeze the juice of the orange and lemon and place in a separate bowl and add the mustard and olive oil, whisk through and season with salt and pepper.

Add to the oranges and mix through. Add the rocket salad and fold it through.

Place the salad onto a serving dish and sprinkle the remaining dressing over.

Garnish with sprigs of the fennel green and freshly ground pepper.

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