

## **Orange and Fennel Salad**

### Ingredients

Mixed salad leaves- enough for 3 salad platters

1 large fennel

6 small oranges or 4 large

½ small red onion

Fennel fronds

### Dressing

3 tablespoons (tbspn) of olive oil

1 ½ tbspn lemon juice

1 heaped teaspoon of seeded mustard

Good pinch of salt and pepper

### Utensils

Salad spinner

small screw to jar

Chopping board

knife

Citrus juicer

measuring spoons and cups

Serving platters-3

mandolin and protective glove

### Method

1. Wash leaves thoroughly and dry in salad spinner. Tear into bite sized pieces.
2. Share leaves between 3 serving platters.
3. Cut a disc from the top and bottom of the oranges to make a flat surface for cutting. Use the knife to remove all the skin from the oranges, cutting thin slices of skin down the length of the orange. Try to remove all the pith (white) as it is bitter, but try not to remove too much flesh.
4. Cut the orange in half down the length, then lay orange down on the chopping board with the flat side down. Slice finely to give semi circles.
5. Use the mandolin and protective glove to thinly slice the fennel and onion. Hold the fennel by the stalks at the top.
6. Cut fennel fronds finely and save for garnishing.
7. Spread the fennel, onion and orange over the top of the salad leaves.
8. Make dressing by combining all ingredients in a jar and shaking vigorously. Taste to check seasoning. Dress the salad just before serving.
9. Sprinkle dressing over the top of the leaves and mix gently. Don't put too much dressing on initially. You can always add more, but you can't remove any if it's over dressed. Sprinkle fennel fronds over the top.