



FRESCOBALDI ITALIAN RECIPES

Fennel and Orange Salad

Serves 6

Ingredients:

4 medium size fennel bulbs, washed and trimmed

1 orange

½ tsp sea salt

¼ cup extra-virgin olive oil

1 Tbsp honey

½ cup pine nuts, toasted and chopped

2 Tbsp chopped kalamata olives

Peel orange with a sharp knife, removing all the pith. Cut out orange segments over a bowl, reserving juice.

Slice fennel bulbs lengthwise, very thinly (almost shaved). Soak fennel in cold water for 20 minutes. Drain fennel.

In a large serving bowl toss fennel, salt and orange segments together.

Dissolve honey in olive oil and reserved orange juice to make dressing.

Add dressing, olives and pine nuts to fennel and orange mixture. Toss gently and serve