

Fennel and Mint Salad

Ingredients:

2 fennel bulbs, trimmed, 1 handful fronds reserved
1 small red onion, sliced fine
2 apples, sliced fine or 3 mandarins segmented (optional)
1 handful mint leaves, chopped
1 handful parsley, chopped
1 handful dill fronds, chopped
Salt and pepper

Dressing

1 ½ teaspoons finely chopped preserved lemon
Juice of 1 lemon
1 tea spoon Dijon mustard
1/3 cup extra virgin olive oil

What to do:

- 1) Very finely slice fennel and finely chop fronds.
- 2) Combine all fennel, onion, herbs and apples or mandarins if using, in a large bowl.
- 3) Combine dressing ingredients in a measuring jug and whisk together with salt and pepper.
- 4) Pour just enough dressing over salad to coat, then gently toss.
- 5) Taste for seasoning.
- 6) Arrange salad on platters and drizzle over remaining dressing.