

Apple and fennel salad

Ingredients

- 1 fennel bulb
- 2 Granny Smith apple
- A handful of tender salad greens
- 2-3 tablespoons Parmesan
- Freshly ground pepper
- Flaky sea salt
- 1/2 lemon, juice and zest
- 4 tablespoons extra virgin olive oil

Method

1. Cut the fennel bulb vertically, so that you're cutting through the trimmed shoots.
2. Once halved, you can see the hard core at the base of the fennel. Scoop it out and discard.
3. Next, place the halved fennel on a cutting board, flat surface down. Slice it diagonally

starting from the base, making sure to keep them as thin as possible. Or use a mandolin if you have one.

4. Next, halve and core the apple. Cut into thin slices.
5. Transfer the fennel and apple to a bowl, making sure to separate the ones that are stuck together.
6. Sprinkle with salt, pepper and lemon zest.
7. Add the salad greens and Parmesan and toss together.
8. In a small bowl, whisk together the lemon and olive oil. Add salt and pepper.
9. Pour the dressing over the salad. Toss to coat evenly. Garnish with more Parmesan.