



CITRUS & FENNEL SALAD

SERVES 6

Oranges in the late winter are a ray of sunshine on a cold day - promising warmer days ahead. This salad combines colourful blood oranges with Cara Cara's and mandarines.

INGREDIENTS

☐ FOR THE SALAD

3 each blood oranges, Cara Cara oranges & mandarines, peeled, sliced
1/2 fennel bulb, core removed, thinly sliced (reserve fronds for garnish)
1 shallot, thinly sliced
1 avocado, sliced

☐ DRESSING

1/3 c olive oil
3 Tbsp white wine vinegar
1 tsp dijon mustard
1 Tbsp honey
Salt & Pepper to taste

DIRECTIONS

In a large bowl, combine orange slices, fennel and shallot and set aside.

To make the dressing, whisk together vinegar, mustard and honey. While whisking vigorously, slowly pour in olive oil. This will ensure mixture will emulsify and not separate.

Add about 1/4 to 2/3's of prepared dressing to citrus mixture and toss gently to coat.

Transfer to a serving platter or divide between plates, top with avocado slices, fennel fronds and drizzle additional dressing to taste.

Any remaining dressing can be kept in the fridge for up to 1 week and used on greens, steamed veggies or as a dipping sauce.

Tip: No blood oranges available? Cara Cara's not to be found - no problem. Use a total of 6 soft ball sized in season citrus - you could use sweet pink grapefruit if you wish. To keep the avocado from browning, slice just before serving or toss right in to salad - the citrus juice delays browning.

Nutrition Facts assume all dressing is used - I only use 2/3 at most and reserve the rest for other salads.

NUTRITION FACTS

Per Serving: 268 Calories, 2g Pro, 31g Carbs, 6g Fibre, 16 g Fat



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