

Chicory and Orange Salad

MAKES:4

PREPARATION TIME:10-15 minutes

COOK TIME:none

INGREDIENTS:

For the salad :

- 2-3 heads of chicory, washed and dried
- 3 oranges, zest of one orange, then peel all and cut into segments
- 100g/4oz pitted black olives, cut in half lengthways

For the dressing :

- 6tbsp. Filippo Berio Olive Oil
- 2tbsp. fresh orange juice (reserved from the cut segments)
- Salt and freshly ground black pepper
- 1/2 tbsp. small sprigs of fresh thyme

METHOD:

Arrange the chicory oranges and olives onto 4 serving plates

Put all the dressing ingredients into a screw top jar and shake well. Season to taste. Pour over the salad just before serving.

COOK'S TIP:

An excellent way to enjoy the unique taste of chicory. Serve with Italian style bread. Alternatively, use red and green chicory.

Cook it with: *Classico olive oil*

