

## Fennel and Orange Salad

*MAKES:4*

*PREPARATION TIME:10 minutes*

*COOK TIME:none*

### **INGREDIENTS:**

- 2 large oranges
- 1 small red onion, finely sliced
- 75g (3oz) small baby spinach leaves

### **Dressing :**

- 4 tbsp Filippo Berio Extra Virgin Olive Oil
- 2 tbsp chopped fresh herbs, e.g. parsley

### **METHOD:**

Peel the oranges removing as much pith as possible then segment them over a bowl to catch the juices.

Trim the fennel reserving the fronds and cut into thin strips. Place the orange segments fennel and onion into a bowl add the washed spinach leaves and chopped fennel fronds toss together.

Whisk the olive oil and reserved orange juice with a little seasoning add to the salad. Toss again then scatter over the chopped parsley.

Divide between four shallow bowls and serve.

**Cook it with: Extra Virgin Olive Oil**

