

Orange & fennel salad

Super quick to prepare, rich in vitamins and nutrients, fills you up without weighing you down and tastes deliciously of sunshine!

Preparation time: 20 min. · Level of difficulty: very easy ·

Quantity

Ingredients for 4 servings.

Ingredients

4 piece Fresh oranges
1 piece Large white sweet onion
1 piece Fennel bulb with green
1 tsp Flower sea salt
1 pinch Chilli powder
2 tbsp Date balsamic vinegar

Preparation

Remove the peel from one of the natural oranges. Then peel all the oranges and cut them into slices, then into pieces. If you want it even finer, fillet the orange pieces and remove the skin.

Slice the fennel and onion very thinly; the thinner the slices, the better the flavour mixes with the orange pieces. Keep a little of the fennel greens for decoration.

Mix the salad dressing with 4 tablespoons of extra virgin olive oil (Arbequina olive, if available), add a little date balsamic vinegar, salt, chilli and a pinch of sugar.

Mix everything together and let it sit for a short while or layer it nicely and run the salad dressing over the top.

Decorate with chilli and fennel greens.