



Rocket and fennel salad with citrus vinaigrette

As summer heats up, it's easy to turn salads from side dishes into a meal of their own. The only limits to exciting salads are limits to the imagination. Fennel has a rich, licorice-like flavour and lends itself to a cool summer salad. In the ancient Greek language the word for fennel is pronounced 'marathon', meaning 'to grow thin'. It was given to the plant because of its reputation for aiding weight loss. Fennel is highly aromatic and flavoursome. The base is a crisp hard root vegetable that can be sautéed, stewed, braised, grilled or eaten raw. It is used in many of the culinary and medical traditions of the world. When used raw in salads it has a refreshing, crisp texture and slightly sweet taste, which will compliment any summer salad.

Ingredients

For the Salad

300g rocket leaves
1 fennel bulb
1 orange peeled and segmented
6 fresh figs

For the Dressing

2 sprigs thyme
1 small shallot
2 tbsp champagne vinegar
2 tbsp orange juice
1 tbsp honey
6 tbsp olive oil
salt and pepper to taste

Method

For the Salad

Trim and thinly slice the fennel bulb and place in a large bowl. Slice the figs with and combine with rocket leaves, fennel and the segmented orange.

For the Dressing

Chop 2 sprigs of thyme and mince 1 small shallot. Combine all the dressing ingredients in a medium bowl and whisk together. Drizzle the dressing over the salad mixture and serve.

Serves 4 – 6