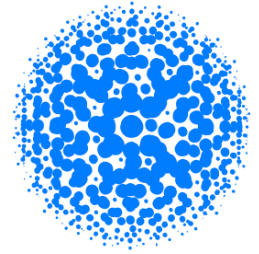


recipe sheet

Healthy Salads



FENNEL AND ORANGE SALAD

Ingredients (Serves 4)

- . 2 fresh fennel tops
- . 6 tbsp of extra virgin olive oil
- . 4 tbsp of red wine vinegar
- . salt and pepper
- . 2 navel oranges



Method

Peel off the tough outer layers of 2 fresh fennel tops, keeping aside the green feathery tops. Thinly slice the bulbs and toss in a bowl with 6 tbsp of extra virgin olive oil and 4 tbsp of red wine vinegar. Season with salt and pepper and set aside for 10 minutes. Cut the skin and pith off two navel oranges. Cut out the segments and place them in a bowl. Place the sliced fennel on a plate and scatter the segments over it. Mix the leftover juice with the remains of the dressing and pour over the salad. Finally, chop the green feathery fennel tops and sprinkle over the lot.

Method

Preheat oven to 175C. Place beetroots and kumera in separate baking dishes, drizzle each with 1 tbsp of oil. Cover beetroot dish with foil and bake both dishes for 40-60 minutes (test beetroot with a skewer). Remove skins from beetroots and cut into wedges. Peel oranges, leaving no white pith, then cut membranes from segments. For dressing, combine walnut oil, orange juice, sugar, salt and pepper, red wine vinegar and remaining olive oil, then whisk until smooth. Toss the lettuce leaves with three-quarters of the dressing and place on a serving platter. Toss the beetroots and kumara with remaining dressing. Place on lettuce leaves with orange segments and pecans.

BETROOT, ORANGE AND PECAN SALAD

Ingredients (Serves 4)

- . 500g baby gold and red beetroots
- . (or 2 large red beetroots), trimmed and washed
- . 4 tbsp olive oil
- . 1 kumara, peeled and cut into chunks
- . 3 oranges
- . 1 tbsp walnut oil
- . 2 tbsp orange juice
- . Pinch sugar
- . Salt and cracked black pepper
- . 1 1/2 tbsp red wine vinegar
- . Leaves from 2 baby cos lettuces
- . 1/2 cup pecan nuts, toasted and coarsely chopped

