

Fennel and Pink Grapefruit Salad



1 large bulb of fennel
2 pink grapefruits
Olive oil
Chopped parsley
Sea salt and freshly ground black pepper to taste

Remove the tough base and cut the fennel into 8 lengthways. Cut the pieces roughly into 2” strips. Toss in olive oil, season well and roast in a medium oven for about 20 minutes to soften and release the sweet flavour.

Whilst the fennel is cooking, peel the grapefruit and carefully remove the ‘fillets’ using a sharp knife, reserving the juice.

When the fennel is softened and slightly charred, toss together with the grapefruit and juice, and finish with freshly chopped parsley.

Will serve four as a side dish. For an elegant starter place a handful of mixed leaves in the centre of a large plate, top with the salad and a sprinkling of parsley.

This will serve six as a starter.