



FENNEL & WALNUT SALAD *(serves 4)*

2 fennel bulb, with fronds

1/2 cup walnut halves

extra virgin olive oil

lemon zest

freshly squeezed lemon juice, to taste

salt, to taste, we use maldon sea salt

60 g shaved parmesan, to finish, or you can use pecorino romano

- Heat a pan over a medium high heat, then toast the walnuts lightly, keeping them moving. Don't over toast and remove to a plate or bowl immediately, to cool.
- Wash and trim the fennel bulbs, reserving and picking the fronds.
- Core the fennel and shave thinly on a mandoline, or use a sharp knife to slice as thinly as you can.
- In a bowl, combine the fennel and fennel fronds.
- Roughly break the walnuts into the bowl, add half of the parmesan, then toss with lemon juice, olive oil and maldon sea salt to taste.
- Serve on individual plates, garnished with the remaining parmesan.

EQUIPMENT

Cutting board and knives

Bowl(s)

Pan for toasting pine nuts (optional)