

FIT NUTRITION

Shaved Fennel, Blood Orange, & Parmesan Salad With a Blood Orange Vinaigrette

Ingredients:

2 fennel bulbs, peeled, core removed, and shaved
2 blood oranges, peeled and sliced
1/4 red onion, thinly sliced
1/2 cup / 80gr shaved Parmesan
80gr rocket or baby spinach leaves
Sea salt & freshly ground pepper to taste

Blood Orange Vinaigrette:

1/2 cup / 118ml extra virgin olive oil
1/4 cup / 59ml
1 clove of garlic, crushed
1 tsp. of Dijon mustard
1 tsp. honey
the zest and juice of one blood orange
Sea salt & fresh ground pepper to taste

Directions:

Vinaigrette:

Mix the garlic, mustard, and honey in a bowl. Slowly whisk in the olive oil, forming an emulsion. Slowly whisk in the balsamic vinegar, orange juice, and zest. Add salt and pepper to taste.

Salad:

Gently toss all ingredients and half of the Parmesan together in a bowl. Add half of the vinaigrette, sea salt and ground pepper and toss again. Sprinkle remaining Parmesan over salad. Enjoy!