

Fennel, Orange, Spinach Salad



Ingredients

- 1 small bulb fresh fennel, sliced very thinly
- 1 medium orange
- 1 few leaves of cabbage, finely chopped
- 80g spinach leaves or rocket
- 2 tablespoons freshly chopped mint
- ¼ cup walnuts (optional)
- Lemon and aniseed myrtle leaves (optional)

Dressing

- ¼ cup extra virgin olive oil
- Juice of 1 lemon
- Freshly crushed pepper, optional

Method

1. Mix dressing ingredients together.
2. Combine sliced fennel, cabbage and orange in a bowl and pour over dressing.
3. Prior to serving, mix through spinach leaves, myrtle leaves and mint.
4. Add nuts just prior to serving (optional).

Serves 4

Inspired by recipe from colleague Dr Sue Radd-Vagenas, and her cookbook Food as Medicine.

This recipe is a refreshing low calorie salad, 75cal energy, 5 g carbohydrate, 40mg Vit C, high in the carotenoid lutein which is good for eye health.