

WEEK 4

fennel & orange salad



Recipe type: salad

Prep time: 20 min

Total time: 20 min

Serves: 4

ingredients

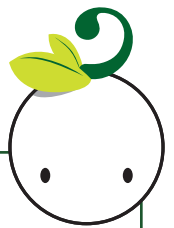
- ¼ cup hazelnuts or walnuts
- 1 fennel bulb, leaves and stems trimmed off
- 2–3 large oranges
- ½ red onion, sliced thinly
- 2 tbsp extra virgin olive oil
- 1 tsp orange or lemon zest
- Chopped greens for your salad

instructions

Place nuts in a dry skillet and cook over medium heat, stirring to toast, 3–4 minutes. Let cool. If using hazelnuts, roll around in a dishcloth to discard any loose skins. Coarsely chop nuts; set aside.

Slice ½ inch from the bottom of the fennel and discard. Slice fennel very thin with a knife or mandoline. Toss in a serving bowl with salt, pepper and juice from 1 orange.

Trim all peel and pith from oranges. Holding peeled fruit over bowl containing fennel, use a sharp knife to cut sections from orange membrane and let them drop into the bowl. Squeeze remaining membrane over bowl to sprinkle salad with remaining juice, discard membrane. Add onion slices, olive oil and reserved nuts. Toss gently. Serve over salad greens. Sprinkle with zest. Yum!



hi goma friends!

This salad is refreshing and delicious no matter the season. Fennel paired with orange will be light and tasty!

Fennel is an amazing vegetable with amazing health benefits. Fennel has a long history of being used to treat a variety of gut and digestive problems. It's rich in vitamin, mineral, including phosphate, calcium and vitamin K.

This recipe also calls for orange zest, along with the juice and orange segments. Use the zest without fear, as these oranges are grown organically!

Recipe adapted from smittenkitchen.com



第4周

茴香橘子沙拉



菜品类型: 沙拉

准备时长: 20 分钟

总计时长: 20 分钟

用餐人数: 4人

食材

- 1/4 杯榛子或者核桃
- 1 个球茎茴香，将叶子和茎去除
- 2-3 个橙子
- 1/2 个红洋葱，切成细丝
- 2 汤匙特级初榨橄榄油
- 1 茶匙橘子皮或者柠檬皮
- 切一些你喜欢的沙拉菜

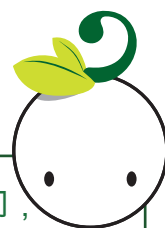
步骤

将坚果放在平底锅中，用中火加热，烘烤3-4分钟。如果用榛子的话，记得将榛子的外皮去除。将坚果切小块，放置一旁。

将茴香底部切除1/2英寸。用小刀或者切丝器将茴香切成细丝。放在碗中与盐、胡椒和橙汁（1个橙子）混合搅拌均匀。

将橙子的皮和白色部分切除。在放有茴香的碗的上方握住整个橙子，用一把锋利的刀将橙子的白色皮切开，让果肉落在碗里。然后挤压白色的果皮，让多余的橙汁都落在沙拉上，之后扔掉果皮。加入洋葱丝、橄榄油和坚果。轻轻地搅拌。最后放在沙拉菜上，撒上橙子皮。

好好享用吧！



果玛的朋友们，
大家好！

无论是什么季节，这道色拉都非常清爽。尤其是茴香和橘子的搭配又清淡又美味！

茴香是一种神奇的蔬菜，对人体健康有很大的益处。茴香在历史上被用来治疗各种肠道和消化问题。它富含维生素、矿物质，包括磷酸盐、钙和维生素K。

这道食谱还需要橙子皮、橙汁和果肉。大家可以放心使用我们的橙子皮，因为这些橙子都是经过有机认证的。

食谱改编自
smittenkitchen.com

