



Orange and Fennel Salad with black olives

Ingredients

- ½ fennel bulb, sliced finely
- 1 tablespoon of lemon juice (only)
- ¼ cup extra virgin olive oil
- Salt and pepper, freshly ground
- 2 medium oranges, peeled and sliced thinly
- 2 cups rainbow chard sliced
- 1 cup of rocket
- 2 stalks of celery
- 2 cups of lettuce leaves
- Small amount of olives, sliced (pitted)
- ¼ cup pumpkin seeds lightly toasted
- ½ cup nasturtium flowers
- 1 tsp salted capers, rinsed carefully

Method

Place fennel in a bowl with lemon juice and olive oil. Season with salt and pepper, toss, coat fennel well. Add the sliced celery. Chop fennel fronds.

Remove skin and pith from oranges with a knife, finely slice into thin circles. Arrange orange slices and sliced greens on a platter. Top with fennel and its dressing. Add the fennel fronds. Scatter with seeds, black olives and capers. Adding the nasturtium flowers last. Serve.