

Shaved Fennel, Pear, Rocket and Preserved Lemon Salad **PB, GF, NF**

Olive Oil Marinade

Allergens – Citrus, Sugar

Ingredients

1 lemon, very thinly sliced
2 tbs rice vinegar
1 tbs caster sugar
1/2 tsp sea salt

3 baby fennel, thinly sliced on a mandolin
2 Anjou pears, skin on, fine wedges
100g baby rocket leaves
1 tbs extra virgin olive oil

Method

1. Place the lemon in the base of baking dish. Stir vinegar, sugar and salt in a saucepan over medium-low heat until dissolved.
2. Simmer, without stirring, for 1-2 minutes to thicken slightly. Pour the syrup over the lemon. Stand for 2 hours.
3. Combine the fennel, pear wedges and rocket in a bowl. Drain the lemon, reserving 2 tbs of liquid.
4. Rinse briefly. Whisk the reserved liquid and oil. Season with pepper.
5. Add the lemon to the fennel mixture. Drizzle with the dressing. Toss gently to combine.