



Recipe ideas

Orange, Fennel & Brazil Nut Salad (SERVES 6)

Ingredients

- 1/2 large fennel
- 2-3 oranges – segmented (retain the remains for juice for dressing)
- 150-200 g shaved parmesan cheese
- 80 g Brazil nuts (roughly smashed)
- 1/4 red onion (thinly sliced)
- 2-3 stalks of celery (thinly sliced)
- Rocket (amount depends on how much you like rocket)

Dressing

1. 100 mL red wine vinegar
 2. 200 mL olive oil
 3. Juice from remaining orange
 4. Salt and pepper to taste
- (Tip: you can also add chickpeas or plain tuna for extra taste!)

