

Tangerine & Fennel Salad

Swick

Makes 3 servings | Active Time: 15 minutes | Total Time: 15 minutes

Chef's Notes

Fennel Bulb

Fennel is a bulbous vegetable topped with green fronds that resemble dill. The bulb is firm, crunchy, and tastes faintly of licorice. Fennel can be thinly sliced for a salad or halved and grilled until tender.

Toasted Pine Nuts

You can purchase pre-toasted pine nuts, or you can toast them yourself: Simply cook in a dry skillet over medium heat, stirring frequently, until fragrant and lightly browned, about 5 minutes.

Step 1: Make the Salad

- 3/4 fennel bulb trimmed & thinly sliced ($\approx 1 \frac{1}{2}$ cups)
- 1 1/2 tablespoons fennel fronds, finely chopped
- 4 1/2 tangerines chopped ($\approx 2 \frac{1}{4}$ cups)
- 2 1/4 teaspoons tangerine zest
- 1 1/2 oz spinach chopped ($\approx 1 \frac{1}{2}$ cups)
- 1 1/2 tablespoons apple cider vinegar
- sea salt (optional)
- freshly ground black pepper
- 2 1/4 teaspoons toasted pine nuts (optional)

In a bowl, combine sliced fennel and fennel fronds, diced tangerine and zest, spinach, and vinegar. Season with salt and pepper to taste.

Top with pine nuts, if desired, and serve.