

**Orange and Fennel Salad**

INGREDIENTS

4 oranges   
2 small (600g) fennel bulbs, trimmed, sliced  
1 medium red onion, thinly sliced   
1/4 cup loosely packed Italian parsley leaves

ORANGE VINAIGRETTE   
100mls olive oil   
80mls (1/3 cup) fresh orange juice   
1 teaspoon wholegrain mustard   
Salt & ground black pepper

METHOD   
Step 1 Finely grate the rind from 1 orange and reserve. Peel and segment all oranges.   
Step 2 To make the orange vinaigrette mix the reserved orange and with the olive oil, orange juice, mustard and salt and pepper to taste in a screw-top jar. Shake well.   
Step 3 Toss the orange segments with the fennel and red onion in a bowl to combine. Place on a serving plate or in a serving bowl, sprinkle with the parsley and pour over the orange vinaigrette.