

PICKLED FENNEL

Time: 10 minutes (plus pickling time)

Serves: 10

Ingredients:

300g fennel - shaved (approx two large bulbs)
1 navel orange - thinly sliced
10g kosher salt
1g fresh ground black pepper
300ml apple cider vinegar

Preparation:

Place all ingredients except vinegar in a bowl and toss to combine.

Transfer to a one litre mason jar. Add vinegar to completely cover the fennel mixture. Cover, shake and refrigerate for 24 hours up to two weeks.

Nutritional Information Per Serving:

Calories: 14
Fat: 0g
Carbs: 3g
Fibre: 1g
Protein: 0.6g