

## MOZARELLA WITH ORANGE FENNEL AND TAPANADE

SERVES 4-6 / PREPARE 10 MINS /

### Ingredients

#### FOR THE SALAD

- 2 Oranges (ruby if available)
- 1 Pink grapefruit
- 1 White grapefruit
- 1 Fennel bulb, large
- 30 g Tapenade (or just pitted black olives)
- 2 200 g Mozzarella cheese

#### FOR THE DRESSING

- 6 tbsp Orange juice,
- 1 tbsp Lemon juice
- 2 tsp Runny honey
- 6 tbsp Extra virgin olive oil
- salt and pepper

### Instructions

Make the dressing by putting all the ingredients for it in a small food processor and pulse. Taste for seasoning.

Cut a slice from the bottom and top of each citrus fruit so they have a flat base. Cut the rind and pith off. Slice the fruit.

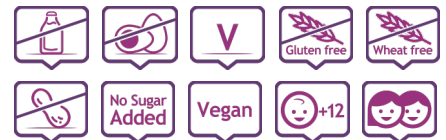
Quarter the fennel and remove the coarse outer leaves. Trim off any fronds and keep them for later. Using a mandolin or a sharp knife, cut very fine slices.

Toss the fennel, citrus and tapenade all together, arrange on a plate and spread the dressing. Tear pieces and put on top of the salad.

Drizzle with extra virgin olive oil and some black pepper. Serve immediately.



### Nutrifacts



**Fennel** is also high in VITAMIN C, to support immunity, FOLIC ACID needed for red blood cell production and POTASSIUM that helps maintain healthy blood pressure.

**Olives and olive oil** are low in saturated fat and high in heart protecting monounsaturated fats. **EVOO** also contains good levels of antioxidants including polyphenols and vitamin E that help prevent damage caused by free-radicals.

**Cheese** as most dairy products is high in CALCIUM which is necessary to maintain healthy teeth and bones. Nonorganic dairy may contain antibiotics and hormones that can interfere with our metabolism. Whenever possible, it is advisable to consume organic dairy products. Cheese is high in saturated fat, so it's important to consume it in moderation, although feta is lower in fat (24%) than other cheeses like cheddar (32%).