ROAST FENNEL, BEETROOT AND ORANGE SALAD, WITH VINAIGRETTE DRESSING

This delicious salad was featured at the Jazz in the Garden community event held in November 2012.

INGREDIENTS

1-2 large fennel bulbs + leaves if possible
2 large beetroots
2 navel oranges, or blood oranges would be great too
A handful each chopped of:
  - flat leaf parsley
  - fennel/dill leaves
  - basil leaves

VINAIGRETTE DRESSING

1/2 cup extra virgin olive oil
1/2 cup red wine vinegar
1/2 cup lemon juice
3 teaspoons dijon mustard
1 teaspoon brown sugar
1 teaspoon pepper

METHOD

1. Preheat oven to 180-200°C
2. Wash fennel and beetroot
3. Chop fennel bulb roughly into salad size pieces
4. Place beetroot on aluminium foil, drizzle with olive oil, and cover
5. Place fennel and wrapped beetroot into separate baking trays
6. Drizzle fennel with olive oil
7. Bake fennel for approx 30 minutes, and the beetroot for 45 minutes, or until a skewer goes through easily.
8. Peel oranges and slice into pieces. Place in salad bowl.
9. Place baked fennel in salad bowl.
10. Place beetroots in cold water. Then de-skin. The skin should come off easily. Slice and place in bowl.
11. Add herbs
12. Shake dressing well and add to salad.
13. Mix and serve

Serves 4-6