



Fennel and Arugula Salad

Ingredients:

1 medium bulb of fresh fennel, washed and trimmed
6 oz Fresh Rocket Arugula
1/2 small Red Onion
2 oz shaved Parmesan Reggiano
1 Meyer Lemon
Salt and Pepper
Good Extra Virgin Olive Oil

Thinly slice on a mandolin, or with a chef's knife, fennel and red onion. The thinner the better. In a large serving vessel combine arugula, fennel, and red onion. Squeeze half of the Meyer lemon onto greens and gently toss. Season with Salt and Pepper. Drizzle 1 to 2 ounces of olive oil on mixture and lightly toss.

Garnish with the shaved Parmesan Reggiano. This is a light, refreshing salad that takes minimal prep time and is absolutely delicious!

Enjoy!

Chef Taylor