

Griddled fennel and pink grapefruit salad

SERVES 4 • PREP IN 20 MINS • COOK IN 15 MINS • VEGETARIAN • GLUTEN FREE

£1.12 per serving

Peeling the broad beans isn't essential, but it gives the salad a fresher look.

- 1 head of fennel, thinly sliced
 - 2 tbsp sunflower oil
 - 200g Tenderstem broccoli
 - 100g frozen broad beans, shelled
 - 1 pink grapefruit, peeled and segmented
 - 85g bag watercress
- For the dressing**
- 2tbsp sweet chilli sauce
 - 70ml pink grapefruit juice

- 1.** Brush the fennel slices with 1 tbsp of the oil and cook on a piping hot griddle pan for 2-3 minutes per side and remove from the pan. Add the broccoli to the griddle pan and toss with the remaining oil. Cook for 5 minutes, turning frequently. Add the broad beans to a saucepan of boiling water and simmer for 2 minutes then drain well.
- 2.** Toss together the grapefruit segments with the fennel, broccoli and beans. Divide the watercress between 4 plates and top with the fennel mixture.
- 3.** Mix together the dressing ingredients and drizzle over the salad before serving.



Each serving contains approx

ENERGY	MED	LOW	LOW	LOW
568kJ	Fat	Saturates	Sugars	Salt
136kcal	7.0g	0.8g	10.0g	0.2g
7%	9%	4%	11%	3%

of your Reference Intake
Carbohydrates per serving: 11.3g