

## Radicchio, fennel & rocket salad

*Insalata di Radicchio, Finocchio e Rucola*

### Ingredients:

300g rocket leaves

150g radicchio leaves, washed, trimmed

small fennel (bulb)

4 tbsp extra-virgin olive oil

1 tbsp (quality) balsamic or red wine vinegar

salt and freshly ground pepper

1 clove garlic, crushed

1 tbsp lemon juice

### Method:

1. Individually wash the rocket, radicchio and fennel, drying well.
2. Place the rocket and radicchio in a bowl.
3. Cut the feathery fronds (the frilly herb bits) from the fennel and set aside.
4. Peel away the outer, blemished layers, cut in half, then slice as thinly as possible.
5. Place in with the rocket and radicchio.
6. Whisk (blend) together the oil, vinegar, salt and pepper, garlic and lemon juice and pour over the salad.
7. Only mix (use your hands) just prior to serving.
8. Garnish the finished salad with the cut foliage (from the fennel), or snip and mix through the salad, for extra flavour.

*Two popular leaf vegetables and one stalk vegetable, all combined into one exciting Italian-style salad. Radicchio originates from Treviso, in northern Italy. It is such a revered vegetable that festivals are held in its honour every year. It is a variety of red chicory, and although slightly bitter, it is best appreciate when combined with other leaves.*

