SICILIAN BLOOD ORANGES PGI SALAD WITH SEARED FENNEL

Categoria: Side dishes **Tempo di preparazione:** 10 minutes **Difficoltà:** facile

Ingredienti per 2 serves

- 3 Sicilian blood oranges
- 1 or 2 Italian fennel
- green cabbage
- carrot
- lettuce, as desired

FOR THE DRESSING:

- juice of 1 blood orange
- 2 tablespoons of extra virgin olive oil
- 1 tablespoon of wine vinegar
- 1 tablespoon of lemon juice
- salt and pepper, to taste

A fresh salad with a strong and appealing flavour.

Difficulty: **easy**
Cost: **low**
Preparation time: **10 minutes**
Serves: **2**

Preparazione
What could be simpler than preparing a salad? Even the amounts of each ingredient are not defined so strictly, precisely because you can adapt it as you see fit to your tastes.

To start, prepare the only cooked element of the recipe, seared and lightly caramelized fennel with blood orange juice.

Clean the fennel leaving them whole, and on a cutting board cut into nice slices of even thickness, about 4 mm.

If you have any fennel left over, you can add it fresh to your salad.

Take a frying pan, add a drizzle of oil and when hot, add the fennel slices.

Cook over medium-high heat to create a seared crust on both sides; add the salt, and then add the juice of 1 blood orange and let it evaporate completely: it will complete the cooking and flavour the fennel even more.

To prepare the peeled blood orange to add to the salad, remove all the outer peel with a knife, then always with the help of the knife blade, cut the wedges by separating them from the inner skin.

Clean and cut some lettuce, finely chop some green cabbage, slice carrots and arrange everything on 2 plates if you prefer single portions, or in a salad bowl.

Add the blood orange wedges and seared fennel.

Finally, to dress the salad, mix the oil, vinegar, lemon and blood orange juice well and pour it over the salad.

Enjoy to **Sarah Bua**!