



Orange, fennel, spinach and black olive salad

Serves 24 tastes

Source: Stephanie Alexander – Kitchen garden cooking with kids



Ingredients

4 Oranges, peeled and sliced
4 Handfuls of spinach leaves
2 Handfuls of lettuce from the garden
1 small bulb of fennel
1 stick of celery, sliced thinly
1 small cucumber, sliced thinly
½ cup black olives

Dressing

¼ cup olive oil
1.5 tablespoons apple cider vinegar
Salt and pepper

Parsley to garnish – ½ cup torn leaves

Equipment

Chopping Board
Knives
Measuring cups and spoons
Salad spinner
Mixing bowls
Jar with tight fitting lid for dressing

Serving bowls

What to do:

- Prepare the oranges by peeling them with a knife, to remove all the pith. Then slice them thinly. Use a serrated knife.
- Wash and spin dry the spinach and lettuce
- Cut the fennel bulb in half from top to bottom, slice as thinly as possible, and then tip into the oranges and their juice
- Slice the celery and cucumber
- To prepare the olives, place one olive at a time on the chopping board and press down on it with the flat blade of a large knife. The olive will squash and the stone can be easily removed. Slice each olive in half. Add the olives to the fennel and orange
- In the jar with a tight fitting lid combine the dressing ingredients, shake well to combine
- In a large mixing bowl combine, oranges, fennel and olives, spinach, lettuce, celery and cucumber, drizzle over the dressing and toss gently
- Transfer to serving bowls and serve scattered with torn parsley