

Fennel, Radicchio & Chickpea Winter Salad

Season: Autumn/Winter

Serves: 30 tastes in the classroom
or 6 serves at home as a side

Fresh from the garden: fennel, garlic, onion, parsley, radicchio, thyme

This delicious dish makes the most of winter greens to create a heart-warming salad. Focus on the combination of textures created by the fennel, radicchio and chickpeas, and experiment with the quantities of ingredients in the dressing to create a 'perfect' taste combination.

Note: If using dried chickpeas, soak them overnight in cold water. If using canned chickpeas, you can skip step 2 and add them at step 4. You won't need the onion, thyme and water.

Equipment:

metric measuring scales, jug, spoons and cups
large bowl, for soaking the chickpeas
colander
clean tea towel
chopping board
cook's knife
food processor (with vegetable shredding attachment)
large saucepan
medium-sized frying pan
wooden spoon
large serving bowl
peeler
wooden spoon
mortar and pestle
small bowl
whisk

Ingredients:

660 g dried chickpeas, soaked overnight and drained OR
3 x 400 g tinned chickpeas, drained
1 onion, roughly chopped
4 thyme sprigs
1 L water
1 tbsp olive oil
1 fennel bulb, finely sliced plus fronds finely chopped
1 radicchio head, shredded
1 large handful of parsley, finely chopped
50 g parmesan
¼ tsp salt, to taste
¼ tsp pepper, to taste



For the salad dressing:

2 garlic cloves
1 tsp salt
2 tbsp red wine vinegar
1 tsp honey
¼ cup extra-virgin olive oil

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Place the drained chickpeas in the large saucepan with the onion, thyme and water and simmer for about 35 minutes, or until soft. Drain and set aside.
3. Heat the olive oil in the frying pan over a medium heat. Add the sliced fennel and gently sauté for 5–7 minutes until tender.

4. Add the drained chickpeas to the frying pan and sauté for 2 minutes. Remove from the heat and set aside to cool a little.
5. Place the shredded radicchio, parsley and fennel fronds in the large serving bowl.
6. Using the peeler, shave the parmesan then add to the serving bowl. Gently mix the ingredients together.



To make the salad dressing:

1. Pound the garlic with the salt using the mortar and pestle.
2. Transfer the garlic mixture to a small bowl and add the red wine vinegar, honey and olive oil. Whisk well to combine.

To assemble the salad:

1. Add the fennel and chickpeas to the large serving bowl, pour over the salad dressing and toss to combine.
2. Season with the salt and pepper, to taste.