



Braised Fennel, Bacon and Bean Salad

A satisfying, nutritious hot salad

Serves : 4

Preparation Time : 5 minutes

Cooking Time : 15 minutes

Ingredients

1 fennel bulb, quartered lengthways
4 slices of bacon, chopped
1 tin cannellini or butter beans, drained
1 tbsp olive oil
2 medium carrots, diced
1 small onion, finely chopped
approx. 3 oz / 75g celeriac diced
4 oz / 110g haloumi cheese, diced
Salt and pepper to season

Herbs & Spices

1 tsp dried Parsley or 1 tbsp chopped fresh Parsley
1 tsp dried Coriander Leaf or 1 tbsp chopped fresh Coriander Leaf

Cooking Instructions

Put the quartered fennel bulb in a pan and just cover with hot water. Boil for 4 mins. Remove the fennel and reserve the liquid.

Fry the bacon in the olive oil. Add the onion, carrot and celeriac. Coat with the oil and allow to fry for 3 - 4 minutes. Add the fennel and enough of the fennel water to allow the vegetables to braise, and season. Simmer gently to allow the vegetables to cook for 5 - 7 minutes. Just as they become tender, add the haloumi cheese and the beans. Allow to heat through. Stir through the herbs and serve.

Great scooped up with pitta bread