

FENNEL SALAD

INGREDIENTS

MAKES 4 SERVINGS

- 2 teaspoons fennel seed
- 1/2 small red onion, thinly sliced
- 2 tablespoons fresh lime juice, plus more as needed (*substitute any citrus juice)
- 2 teaspoons honey
- 1 teaspoon ground sumac
- 2 large grapefruits, peel and pith removed, sliced into 1/2-inch rounds, and cut into bite-sized pieces
- 1-2 medium fennel bulb, thinly sliced crosswise
- 1 cup fresh mint leaves
- 1 cup fresh parsley leaves
- Kosher salt and freshly ground black pepper
- 2 tablespoons olive oil

DIRECTIONS:

Toast the fennel seed in a small skillet over medium heat, swirling the skillet frequently, until they have turned a light golden brown and smell super fragrant, about 2 minutes. Transfer fennel seed to a cutting board and let them cool slightly, then crush using the side of a chef's knife. Combine fennel seed in a small bowl with shallot, lime juice, honey, and sumac. Toss to combine and let sit a few minutes. Toss together with grapefruit, fennel, mint, and parsley in a medium bowl. Season with salt and pepper. Drizzle with the olive oil before serving.

