



Baby fennel, mangetout and broad bean salad

A zingy salad to be enjoyed at lunchtime or in the evening. Imagine this on a warm sunny Sunday afternoon to accompany your BBQ - delicious.

This salad can be eaten on its own or put it with fish or chicken to provide a more substantial meal. It is excellent for both weight loss and weight maintenance.

Ingredients

- 2 small fennel bulbs
- 150g broad beans
- 150g mangetout
- 18 leaves from heads of baby romaine
- Small handful of garlic chives



For the dressing:

- 4 TBS olive oil
- 1 TBS balsamic vinegar
- 2 TBS plain yogurt
- 2 TBS parmesan, freshly grated
- 2 TBS lemon juice, plus a little to finish
- Sea salt
- Black pepper, freshly ground

Serves 2

Method

1. Trim the fennel, cut the bulbs into thin wedges and place in a pan of boiling, salted water
2. Return to the boil and add the broad beans
3. Bring back to the boil and then add the mangetout
4. As soon as the water boils again, take the pan off the heat
5. Drain the vegetables and allow them to cool
6. Mix together the ingredients for the dressing
7. Toss the vegetables in the dressing and set to one side
8. Split the romaine leaves between two plates, top with the dressed vegetables and finish with a little black pepper, lemon juice and a sprinkling of chopped chives

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