

Fennel & Fruits

Swick

Serves 1 | Active Time: 1 hour | Total Time: 1 hour

Step 1: Preparing & Serving the Salad

- 2 cups fresh fennel (approx. 2 to 3 bulbs), sliced paper-thin, preferably using a mandolin
 - 1 cup fresh sunflower sprouts
 - 1 cup baby arugula
 - drizzle of Mandarin Vinaigrette
 - 1 pear or apple, sliced paper thin, preferably using a mandolin
 - 1/2 cup Candied Pecans, coarsely chopped
- To prepare the salad, in small bowl, gently toss the shaved fennel, sunflower sprouts and arugula with a few tablespoons of the Mandarin Vinaigrette.
- Plate the salad and garnish with a few slices of shaved pears or apples and Candied Pecans. Note: The cayenne can be omitted from the candied pecans, if desired. Also note, that plain toasted pecans can also be used instead.