

Fennel and courgettes are hitting the shelves of greengrocers in abundance at the moment, and this simple, fresh and aromatic salad really makes the most of them!

Fennel has a lovely mild liquorice-like flavour, and provides good levels of vitamins C, K, and A, manganese, potassium, magnesium, iron, and calcium, and also contain a selection of antioxidants including chlorogenic acid, limonene, and quercetin. It's a good source of fibre with around 3 grams per cup of raw fennel bulb, which includes some prebiotic fibres such as fructo-oligosaccharides (FOS) which can help feed the beneficial bacteria in the gut.

Courgettes are a wonderfully versatile vegetable (although botanically considered a fruit) that is lovely in stews like ratatouille, just lightly griddled, or raw in a salad like this one. They are also a good source of vitamins C, K, and A, manganese, potassium, and magnesium, as well as folate, copper, and some B vitamins. The antioxidants lutein and zeaxanthin are also present at good levels.

Fennel and Courgette Salad

(serves 2-4)

1 large fennel bulb

3 medium courgettes

3 tbsp extra virgin olive oil

Zest and juice 1 lemon

Leaves from small bunch of fresh thyme

Pinch of salt and pepper

Optional extras: toasted pine nuts, ricotta (chilli and mint also make tasty additions, in fact this recipe will work well with almost any herb – why not experiment and make it your own!)



Top and tail the courgettes and trim the top of the fennel. Thinly slice the fennel and courgette lengthways, either by hand or using a mandolin and pile in a salad bowl.

Mix together the extra virgin olive oil, lemon juice and zest, thyme leaves, salt and pepper.

Coat the fennel and courgette in the dressing and set aside to marinate for 20-30 minutes.

Serve on a bed of mixed salad leaves and top with some ricotta, and/or some lightly toasted pine nuts. Lovely served as part of a summer barbeque, and pairs nicely with spicy foods!

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