

Fennel, oranges and avocado salad with herbs and toasted pumpkin seeds



Serves 4

Ingredients

Fennel, orange and avocado salad

1 fennel bulb, thinly sliced
2 oranges, peeled with a knife and sliced
2 avocados, peeled, pitted and sliced
Salt and pepper

Lemon and grainy mustard vinaigrette

60 ml (¼ cup) olive oil
15 ml (1 tablespoon) grainy mustard
Zest and juice of 1 lemon
Salt and pepper

Herbs and toasted pumpkin seeds salad

60 ml (¼ cup) basil leaves, chopped
60 ml (¼ cup) chive, minced
60 ml (¼ cup) toasted pumpkin seeds, chopped
30 ml (2 tablespoons) olive oil
Zest of 1 lemon
Salt and pepper

Garnish

Labneh or thick yogurt

