



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

FENNEL & FENNEL

Time: 20 minutes

Serves: 4

Ingredients:

3 tablespoons avocado oil
2 bulbs fennel – sliced ¼" thick
¾ teaspoon kosher salt
½ teaspoon fresh ground black pepper
½ teaspoon fennel seeds
2 tablespoons honey

Preparation:

Heat half the oil in a large pan on high heat. Cook half of the fennel slices for two minutes on each side or until browned. Set the fennel aside to stay warm. Repeat with the remaining oil and fennel.

Remove the pan from heat, then add the salt, pepper, fennel seeds and honey.

When the honey is melted, stir to combine with the other ingredients in the pan.

Carefully return each piece of fennel to the pan to coat both sides and serve immediately.

Nutritional Information Per Serving:

Calories: 156
Fat: 10g
Carbs: 17g
Fibre: 4g
Protein: 1g