



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

### CITRUS SALAD

**Time: 10 minutes**

**Serves: 1**

#### **Ingredients:**

1 navel orange – peeled and sliced  
1 grapefruit – peeled and sliced  
1 large pinch fennel fronds  
Few grinds black pepper

#### **Preparation:**

Plate the citrus topped with the fennel fronds and a few grinds of pepper.

Serve immediately.

#### **Nutritional Information Per Serving:**

Calories: 110  
Fat: 0.3g  
Carbs: 28g  
Fibre: 5g  
Protein: 2g