



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

### APPLE & FENNEL

**Time: 20 minutes**

**Serves: 4**

#### **Ingredients:**

30ml apple cider vinegar  
15ml agave syrup or liquid honey  
10ml dijon mustard  
1 clove garlic - very finely chopped or grated  
3g kosher salt  
2g caraway seeds  
0.5g fresh-ground black pepper  
80ml grapeseed or other neutral-flavoured oil  
1 bulb fennel - julienne or cut into matchsticks  
2 red apples - julienne or cut into matchsticks

#### **Preparation:**

In a small bowl, whisk together the vinegar, honey, mustard, garlic, salt, caraway seeds and pepper.

Whisk the mixture while slowly drizzling in the oil.

Toss the fennel and apples with the dressing.

Serve immediately or refrigerate for up to two hours.

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

Calories: 252  
Fat: 20g  
Carbs: 20g  
Fibre: 4g  
Protein: 1g