



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

FENNEL & PROSCIUTTO

Time: 60 minutes

Serves: 2

Ingredients:

1 large bulb fennel - cored, sliced vertically to 3mm, fronds reserved
40ml extra-virgin olive oil
2g kosher salt
60g prosciutto (approx. 4 slices) – roughly chopped
100g Swiss cheese - sliced (approx. 4 slices) – roughly torn
40g dry roasted almonds

Preparation:

Preheat your oven to 220C.

Place the fennel in a casserole pan, drizzle with oil and sprinkle with salt. Toss to coat evenly and place in oven for forty minutes, turning fennel once.

Top the fennel with the prosciutto, cheese and almonds. Return to the oven until the cheese is fully melted.

Serve immediately topped with the fennel fronds.

Nutritional Information Per Serving:

Calories: 573
Fat: 48g
Carbs: 15g
Fibre: 6g
Protein: 27g