

Recipe of the Month

Fennel & Feta with Pomegranate Seeds and Sumac



Ingredients

½ a pomegranate
2 medium fennel heads
1½ tbsp olive oil
2 tsp sumac
Juice of 1 lemon
4 tbsp tarragon leaves
2 tbsp flat leaf parsley chopped
70g feta cheese
Salt and black pepper



Method

- Remove the leafy fronds of the fennel if it has any and save for later.
- Cut the fennel in half lengthwise and thinly slice.
- Remove the seeds from the pomegranate (or just buy pomegranate seeds ready prepared).
- In a bowl, mix the olive oil, sumac, lemon juice, herbs, salt and pepper. Don't make it too salty as the feta will add a salty flavour.
- On a serving platter, layer the sliced fennel, pomegranate seeds and crumbled feta.
- Garnish with the fennel leaves, add the dressing and herbs and serve.

Adapted from Ottolenghi The Cookbook