



# Roasted fennel

Recipe by V-ZUG Ltd.



Preparation	20 Mins
Cooking time	15 Mins
Portions	4
Appliance	CombairSteamer V2000 from 2021

fennel salad with grapefruit and hazelnuts

## Fennel

---

- 3 fennel bulbs
- 2 tbsp rapeseed oil
- Some salt

## Dressing

---

- 2 pink grapefruit
- 2 tbsp apple cider vinegar
- 1 tbsp runny honey
- 3 tbsp rapeseed oil
- 4 tbsp hazelnut oil
- 4 sprigs of tarragon, chopped
- Some salt
- Some pepper

## Serving

---

- 80 g hazelnuts, roasted, chopped
- herbs for garnishing (e.g. tarragon, fennel herb, oregano, parsley)





## Fennel

---

Preheat the cooking space to 230 °C using the hot air with steaming mode.

Trim the fennel and cut into about 2 cm thick wedges. Mix in a bowl with the rapeseed oil and salt, then spread out on a lined baking tray.

Roast the fennel in the middle shelf position for 15 minutes.

## Dressing

---

Segment the grapefruit, collecting the juice. Put the grapefruit segments to one side.

Mix the grapefruit juice with the other ingredients and season with salt and pepper to taste.

## Serving

---

Toss the hot fennel in the dressing and then allow to cool down a little.

Arrange the fennel, garnishing with the grapefruit segments, hazelnuts and herbs.

## Cooking steps

---

**(Pre-)heat cooking space to 230 °C with Hot air + steaming**

**Preheating finished. Put the food in.**

**Hot air + steaming 230 °C for 15 Mins**

## Accessories

---

Baking tray

## Additional information

---

Created on

25.06.2024

