



Fennel & anchovy salad

One for anchovy fans. This piquant salad is inspired by an Italian dish called puntarelle alla romana, which features an Italian winter vegetable similar to chicory. Here we've swapped in crisp, seasonal fennel, in this recipe by Honey & Co. Find more twists on Italian favourites with our [Italian recipe](https://www.waitrose.com/ecom/recipes/international-dishes/italian) (<https://www.waitrose.com/ecom/recipes/international-dishes/italian>)s and discover fresh ways to make

the most of seasonal fennel with our [fennel recipes](#)

(<https://www.waitrose.com/ecom/recipes/vegetable/fennel>). [Follow Honey & Co on Instagram](#)

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Serves	Course	Prepare	Cook	Total time	Plus
3	Side	15 mins	-	15 mins	soaking

Ingredients

2 bulb/s fennel (about 500g)

25g pack flat leaf parsley, leaves chopped

$\frac{1}{2}$ lemon, juice

Dressing

2 clove/s garlic

$\frac{1}{2}$ x **100g** jar anchovy fillets (about 6 fillets), drained

1 green chilli, deseeded

$\frac{1}{2}$ **tsp** sea salt flakes

2 tbsp sherry or red wine vinega

Method

- 1** Prepare a large bowl of iced water. Reserve any fronds from the fennel, then cut the bulbs into thin slices from the root up. Put into the iced water for about 30 minutes.
- 2** For the dressing, put all the ingredients in a pestle and mortar or small food processor, adding 1 tbsp oil from the anchovy jar; pound or whizz to a thick dressing.
- 3** Drain the fennel well; transfer to a large serving bowl with any reserved fronds. Pour over the dressing and add the parsley and lemon juice. Mix well and serve immediately.

Cook's tip

Immersing fennel in a bowl of iced water makes it crunchy and firm. This trick works well for reviving fresh herbs too.

Nutritional

Typical values per serving when made using specific products in recipe

Energy	256kJ/ 61kcal
Fat	1.5g
Saturated Fat	0.2g
Carbohydrates	3.9g
Sugars	3.5g
Fibre	5.7g
Protein	4.5g
Salt	2.3g