Difficulty: Easy

Fresh from the garden: apples, fennel, red onion, parsley, orange

Equipment:
- Metric measures
- Apple corer
- Chopping board
- Knives
- Mandolin
- Microplane zester
- Juicer
- Serving bowl

Ingredients:
- 4 Granny Smith Apples
- 1 small fennel bulb
- ¼ red onion
- ¼ cup parsley leaves

Orange Vinaigrette:
- 100 mls olive oil
- Zest from ½ orange
- Juice from 2 oranges
- 1 teaspoon wholegrain mustard
- Salt and ground black pepper

What to do:
Core and slice the apples, then cut the slices into fine matchsticks. Place into a serving bowl.

Shave or very finely slice the fennel bulb, add to the serving bowl.

Very finely slice the red onion, add to the serving bowl.

Pull parsley leaves from stalks, add to serving bowl. Toss ingredients together.

In a jug, combine the vinaigrette ingredients. Whisk well.

When salad is ready to serve, add vinaigrette and toss well.