

Chopped Fennel Salad Recipe

1 fennel bulb with fronds, \hat{A} $\frac{1}{4}$ inch chopped
 \hat{A} $\frac{1}{4}$ cup chopped purple and green cabbage
1 small carrot peeled and finely chopped

Dressing:

1 teaspoon sesame seeds (or sunflower)
2 teaspoons sesame oil
2 teaspoons fish sauce
1 tablespoon rice wine vinegar (or apple cider vinegar)
1 tablespoon sunflower oil
1 teaspoon dried mint
 $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon crushed red pepper flakes
2 cloves of minced garlic
 $\frac{1}{2}$ tablespoon thinly sliced scallion

Start with 1 fennel bulb (fronds and stalks attached) and \hat{A} $\frac{1}{4}$ inch chop the whole thing along with enough cabbage (purple and green for added color) to fill a \hat{A} $\frac{1}{4}$ cup. Peel and finely chop 1 small carrot. Place in large bowl and set aside.

For the Vietnamese Dressing whisk together 1 teaspoon sesame seeds (or sunflower), 2 teaspoons sesame oil, 2 teaspoons fish sauce, 1 tablespoon rice wine vinegar (or apple cider vinegar), 1 tablespoon sunflower oil, and 1 teaspoon dried mint.

Drizzle the dressing over the chopped salad and toss to evenly spread the dressing. As an alternative, you may wish to toast the sesame or sunflower seeds first and then sprinkle them on top of the salad.