

Fennel and Apple Salad in Belgian Endive Cups

Ingredients

- 1 large fennel (anise) bulb, 1/3 cup of fennel fronds
- 2 medium-sized apples
- A small handful of chives (around 20)
- ½ cup walnuts, chopped small
- 5-6 Belgian endives

For the Dressing:

- Juice of one large lemon
- 3 tbsp. olive oil
- 1 clove of garlic
- 1 tsp. whole grain mustard
- A pinch of salt and pepper
- 1/3 cup silken tofu

Steps

1. Chop the fennel bulb and the apples into matchstick sized pieces (you can peel the apples if you like, but I enjoy the color and texture the peels add). Place them in a large bowl. Chop the chives and the fennel fronds finely, and add to the bowl. In a small skillet toast the walnuts until fragrant, and add to the bowl. Toss, and set aside.
2. Add the lemon juice, olive oil, garlic, and mustard to a blender. Blend until well incorporated. Add the silken tofu and blitz briefly. Season with salt and pepper to taste. Pour the dressing onto the salad, and mix so it is all coated in the dressing.
3. Peel apart the leaves of the endives, and add a large scoop of the salad into each. Serve immediately, or chill until serving.

