

# Fennel, Radicchio & Chickpea Winter Salad

**Season:** Autumn/Winter

**Serves:** 30 tastes in the classroom  
or 6 serves at home as a side

**Fresh from the garden:** fennel, garlic, onion, parsley, radicchio, thyme

This delicious dish makes the most of winter greens to create a heart-warming salad. Focus on the combination of textures created by the fennel, radicchio and chickpeas, and experiment with the quantities of ingredients in the dressing to create a 'perfect' taste combination.

**Note:** If using dried chickpeas, soak them overnight in cold water. If using canned chickpeas, you can skip step 2 and add them at step 4. You won't need the onion, thyme and water.

## Equipment:

metric measuring scales, jug,  
spoons and cups  
large bowl, for soaking  
the chickpeas  
colander  
clean tea towel  
chopping board  
cook's knife  
food processor (with  
vegetable shredding  
attachment)  
large saucepan  
medium-sized frying pan  
wooden spoon  
large serving bowl  
peeler  
wooden spoon  
mortar and pestle  
small bowl  
whisk

## Ingredients:

660 g dried chickpeas, soaked  
overnight and drained OR  
3 x 400 g tinned chickpeas,  
drained  
1 onion, roughly chopped  
4 thyme sprigs  
1 L water  
1 tbsp olive oil  
1 fennel bulb, finely sliced  
plus fronds finely chopped  
1 radicchio head, shredded  
1 large handful of parsley,  
finely chopped  
50 g parmesan  
¼ tsp salt, to taste  
¼ tsp pepper, to taste



## For the salad dressing:

2 garlic cloves  
1 tsp salt  
2 tbsp red wine vinegar  
1 tsp honey  
¼ cup extra-virgin olive oil

## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Place the drained chickpeas in the large saucepan with the onion, thyme and water and simmer for about 35 minutes, or until soft. Drain and set aside.
3. Heat the olive oil in the frying pan over a medium heat. Add the sliced fennel and gently sauté for 5–7 minutes until tender.

4. Add the drained chickpeas to the frying pan and sauté for 2 minutes. Remove from the heat and set aside to cool a little.
5. Place the shredded radicchio, parsley and fennel fronds in the large serving bowl.
6. Using the peeler, shave the parmesan then add to the serving bowl. Gently mix the ingredients together.



**To make the salad dressing:**

1. Pound the garlic with the salt using the mortar and pestle.
2. Transfer the garlic mixture to a small bowl and add the red wine vinegar, honey and olive oil. Whisk well to combine.

**To assemble the salad:**

1. Add the fennel and chickpeas to the large serving bowl, pour over the salad dressing and toss to combine.
2. Season with the salt and pepper, to taste.