

CRUNCHY APPLE AND FENNEL SALAD

BY BRISBANE-BASED ACCREDITED PRACTISING DIETITIAN AND NUTRITIONIST.

INGREDIENTS

 SERVES 2

Salad:

- Yellow capsicum, finely sliced
- ½ red cabbage, finely sliced
- 2 carrots, grated
- 1 apple, finely sliced
- 1 fennel core, finely sliced

Dressing:

- 2 tbsp. apple cider vinegar
- 3 tbsp olive oil
- 1 tbsp poppy seeds
- 2 tbsp Dijon mustard
- 3 red chillies, finely sliced

DIRECTIONS

1. Finely slice yellow capsicum, red cabbage, apple and fennel core, grate two carrots.
2. Mix all ingredients together in a large bowl.
3. In a separate bowl whisk together apple cider vinegar, olive oil, chilli poppy seeds and Dijon mustard.
4. Drizzle dressing over salad mix and massage to ensure the dressing coats all ingredients
5. Split amongst two plates and top with fennel fronds and serve immediately.



Kiah Paetz is a Brisbane-based Accredited Practising Dietitian, Accredited Nutritionist and founder of the The Dietitian Daily.

Kiah is passionate about teaching others how to live a healthy life and it is her goal to help her clients every step of the way by providing them with the last and best advice in health and nutrition. She also specialises in vegan and vegetarian nutrition and has a range of articles and recipes that feature on her popular website www.thedietitiandaily.com.

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