Apple Fennel Crunch

Crisp apple and delicate fennel come together with fresh parsley and a lively cider-Dijon vinaigrette for a bright, refreshing slaw. Naturally rich in fiber, antioxidants, and plant compounds that support digestive health, this crunchy combination delivers both nourishment and vibrant flavor while balancing the richness of roasted harvest dishes.

INGREDIENTS

2 large fennel bulbs, trimmed, halved, very thinly sliced with a mandolin or knife
2 crisp apples, such as Honeycrisp or Pink Lady, cored and thinly sliced
1/2 cup flat-leaf parsley leaves, roughly chopped
1 teaspoon kosher salt
Freshly ground black pepper
DRESSING
1/3 cup extra-virgin olive oil
1/4 cup apple cider vinegar
2 tablespoons fresh lemon juice
1 1/2 tablespoons Dijon mustard
1 tablespoon maple syrup

METHOD

1. Whisk together the olive oil, cider vinegar, lemon juice, Dijon, maple syrup, salt, and several grinds of black pepper.
2. Combine the shaved fennel, apple, and parsley in a large bowl.
3. Toss with just enough vinaigrette to coat. Finish with additional black pepper.
4. Serve immediately or refrigerate for up to 1 hour before service so the apple remains crisp.

YIELD

6 servings

TIME

15 min

SHOPPING LIST

2 fennel blubs
2 crisp apples
1 bunch flat-leaf parsley
Extra virgin olive oil
Apple cider vinegar
1 lemon
Dijon mustard
Maple syrup
Salt
Pepper

STORAGE

Serve immediately or store in fridge for a few hours.

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