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ANYTIME

Squeeze more out of life.

Prawn, Orange and Fennel Salad served in a Croustade Serves 4

Ingredients

- 1 unsliced white sandwich loaf, one day old
- 3 tbs vegetable oil
- 12 cooked prawns, peeled and deveined, tails intact
- 1 medium fennel bulb, trimmed and finely sliced
- 3 oranges
- ½ bunch chives, finely chopped
- 1 dill sprig
- 100ml olive oil
- 3 tsp wholegrain mustard

Method

To make croustades: With a sharp knife cut the loaf into 7cm thick slices, remove crusts and cut in half to make two rectangles, remove the centre from each rectangle, leaving a case. Brush with vegetable oil on all sides. Line an oven tray with baking paper. Heat oven to 180°C and bake croustades for 10 minutes or until crisp and golden brown.

Prawn and Fennel Salad: Peel, segment and remove the pith and membrane of 2 oranges, combine with finely chopped fennel, ½ tbs orange rind and chopped chives. Mix with 1 tbs of the dressing and refrigerate for ½ hour.



Dressing

Combine olive oil, ½ cup orange juice and 3 tsp of wholegrain mustard.

Place the croustade on the serving plate and fill with prawn and fennel salad, lay chopped pieces of orange around and pour over dressing. Decorate with chives and dill.



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