

# Shaved Fennel & Pecorino Salad

*with Lollo Rosso, Farro & Lemon Vinaigrette*

This hearty salad uses a special Italian lettuce called Lollo Rosso. These fanned, ridged red to crimson leaves have a toothsome, slightly bitter crunch and are best served as a complement to other flavors. In this dish, you'll be using sweet cherry tomatoes, crisp fennel, parsley and peppery watercress. To make the silky ribbons of pecorino that finish off this dish, use a vegetable peeler.



## Ingredients

- 1 Cup Farro
- 5 Ounces Heirloom Cherry Tomatoes
- 2 Heads Lollo Rosso Lettuce
- 1 Bunch Parsley
- 1 Fennel Bulb
- 1 Lemon
- 1 Shallot
- 3 Tablespoons Sunflower Seeds
- 1 Tablespoon Honey
- 2 Ounces Watercress
- 2 Ounces Pecorino Romano Cheese

Makes 2 Servings  
About 761 Calories Per Serving





# Instructions

1



## Cook the farro:

Heat a medium pot of salted water to boiling on high. Add the **farro** and cook 14 to 16 minutes, or until tender. Drain thoroughly and rinse under cold water. Set aside as you continue cooking.

2



## Prepare the ingredients:

While the farro cooks, wash and dry the fresh produce. Cut the cherry tomatoes in half lengthwise. Trim off and discard the roots of the lettuce; slice the heads in half lengthwise. Pick the parsley leaves off the stems; discard the stems. Quarter the lemon and remove the seeds. Cut out and discard the fennel core, then thinly slice the bulb. Place the sliced fennel in a small bowl of ice water with **the juice of 1 lemon wedge** to keep the fennel crisp and prevent browning. "Peel and mince the shallot to get 2 tablespoons of minced shallot (you may have extra shallot).

3



## Toast the sunflower seeds:

Heat a medium pan (nonstick if you have one) on medium-high until hot. Add the **sunflower seeds** and toast, stirring frequently, 3 to 4 minutes, or until brown and fragrant. Transfer the toasted sunflower seeds to a small bowl and set aside as you continue cooking.

4



## Make the vinaigrette:

In a small bowl, combine the **honey, shallot** and **the juice of the remaining 3 lemon wedges**. Season with salt and pepper and slowly whisk in **2 tablespoons of olive oil** until well combined.

5



## Make the salad:

Drain the **fennel** thoroughly. In a large bowl, combine the **cooked farro, lettuce, watercress, tomatoes, parsley, drained fennel** and **all but a pinch of the sunflower seeds**. Season with salt and pepper and add enough **vinaigrette** to coat the greens (you may have extra vinaigrette); toss to thoroughly mix.

6



## Plate your dish:

Divide the **salad** between 2 plates. Using a peeler, shave the **Pecorino cheese** on top and garnish with the **remaining toasted sunflower seeds**. Enjoy!