



HOW TO ROAST FENNEL



Serves: 4



Prep Time: 10 minutes
Cook Time: 15 minutes

INGREDIENTS

- 2 Tbsp. extra virgin olive oil
- 1 sweet onion, diced
- 2 medium Ocean Mist Farms fennel bulbs, sliced
- Salt & pepper, to taste
- 2-3 Ocean Mist Farms fennel fronds, chopped



PREHEAT

Oven to 400° F.



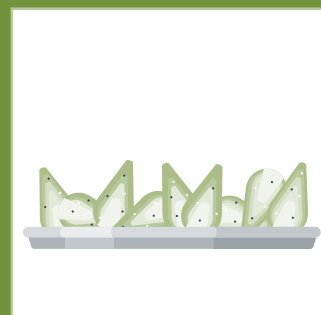
MIX

Olive oil, onion, and fennel in a large mixing bowl.



SEASON

With salt and pepper.



SPREAD

On an ungreased baking sheet.



ROAST

For 16-18 minutes, until the fennel is lightly browned and tender.



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