



# HOW TO SAUTÉ FENNEL



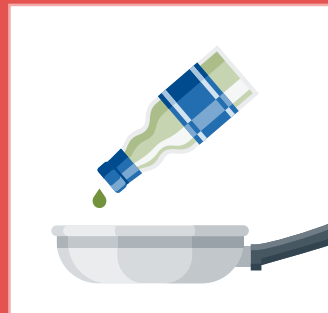
Serves: 4



Prep Time: 10 minutes  
Cook Time: 12 minutes

## INGREDIENTS

- 2 Tbsp. extra virgin olive oil
- 2 cloves garlic, minced
- 2 medium Ocean Mist Farms fennel bulbs, sliced
- Salt & pepper, to taste
- 2-3 Ocean Mist Farms fennel fronds, chopped



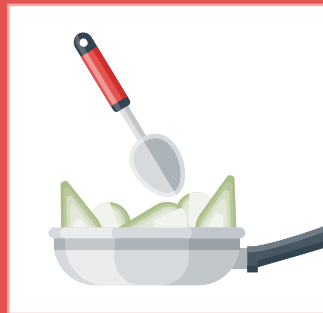
### HEAT

Oil in a large skillet over medium-high heat.



### ADD

Garlic and cook for 1 minute.



### COOK

Sliced fennel for 10-12 minutes until lightly browned and tender.



### SEASON

With salt and pepper. Sprinkle chopped fennel fronds over the cooked fennel slices.



### STIR

Gently to combine. Serve hot.



[WWW.OCEANMIST.COM](http://WWW.OCEANMIST.COM)

