

Fennel, Blood Orange & Avocado Salad with Roasted Cashews

Gather
& Feast

By [Ashley Alexander](#)

This salad is super easy to put together, it looks beautiful, and the contrasting textures and flavours work so well.

SERVES 2 | **PREP TIME** 10 minutes

INGREDIENTS

- 1 blood orange
- 1 orange
- 1/2 small fennel bulb, plus a few leafy fronds
- 1/2 large ripe avocado
- 1 small shallot
- 2 tablespoons fresh dill fronds, roughly chopped
- 1/4 cup roasted salted cashews, half roughly chopped and half kept whole
- Extra virgin olive oil
- Flakey sea salt
- Freshly cracked black pepper

METHOD

1. Slice the peel from the oranges, slice into rounds, and arrange onto a serving plate.
2. Thinly slice the fennel bulb and add it to the serving plate.
3. Remove some fronds from the fennel and sprinkle them over the sliced oranges and fennel on the serving plate.
4. Slice the avocado and arrange the slices over the oranges and fennel.
5. Peel and thinly slice the shallot, then arrange the slices over the salad.



6. Scatter the chopped dill, additional fennel fronds, and the roasted cashews over the salad.
7. Drizzle extra virgin olive oil evenly over the salad.
8. Season with flakey sea salt and freshly cracked black pepper to taste.

NOTES

Drizzle the extra virgin olive oil over the salad just before serving to prevent the ingredients from becoming soggy.

Serve this salad as a light starter, a refreshing side dish, or pair it with grilled chicken or fish for a more substantial meal. It's best enjoyed immediately after assembling to preserve the freshness of the ingredients.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/fennel-blood-orange-avocado-salad-roasted-cashews>

Let me know if you make the recipe! x **@gatherandfeast**