



Roasted Fennel & Parmesan Dip

What to collect

Ingredients	Equipment
3 tablespoons extra virgin olive oil	frying pan
3 fennel bulbs, cut into 3cm wedges	oven proof dish
2 garlic cloves, slightly crushed	food processor
coarse salt & pepper	spatula
1/4 cup parmesan, grated	grater
	chopping board
	knife
	metric measuring spoons

What to do

1. Preheat oven to 200C.
2. Heat oil in a frying pan over medium-high heat until shimmering. Add fennel & garlic to the pan. Brown fennel on one side for 4 minutes, then flip and sprinkle lightly with salt.
3. Transfer fennel/garlic mixture to an oven proof dish, cover with baking paper & foil and transfer to an oven. Roast until fennel is very tender, 20-30 minutes. Let cool slightly.
4. Place fennel/garlic into a food processor until smooth.
5. Season with salt & pepper and stir in 1/4 cup parmesan cheese.
6. Serve with toasted pita & sticks of carrot & cucumber.