

Grilled Fennel

Oscar · 29/09/2024

**Prep Time**

25 mins

Difficult

Medium

Servings

4

Description

Grilled fennel is delicious served hot as a side dish or let cool and serve as a salad This tasty recipe with an olive oil basil and lemon dressing is my favorite way to prepare fennel

Ingredients

- - 2 fennel bulbs - 2 tablespoons olive oil
- divided - ½ teaspoon ground black pepper - ¼ teaspoon salt - 1 tablespoon chopped fresh basil - 1 tablespoon chopped fresh parsley - 1 lemon
- juiced - 1 teaspoon lemon zest - ½ teaspoon freshly ground black pepper - 1 pinch dried thyme - 2 tablespoons grated Parmesan cheese

Instructions

1. Preheat an outdoor grill for high heat and lightly oil the grate. Slice a very thin layer from the bottom of each fennel bulb using a vegetable peeler or paring knife; leave core in place to hold bulb intact. Remove fennel stalks
2. reserving fronds. Slice bulbs vertically into 1/4-inch slices. Brush slices with 1 tablespoon olive oil; sprinkle ground black pepper and salt on each side. Grill fennel slices on the preheated grill until charred
3. about 5 minutes per side; transfer to a serving platter. Whisk remaining 1 tablespoon olive oil
4. basil
5. parsley
6. lemon juice
7. lemon zest
8. freshly ground black pepper
9. thyme
10. and reserved fennel fronds together in a bowl. Sprinkle fennel slices with Parmesan cheese and drizzle lemon mixture on top. Tips When zesting lemon
11. make sure to get just the yellow part of the rind
12. and none of the white pith.