



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



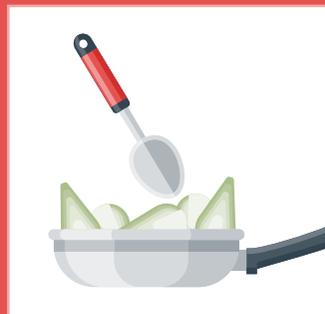
HEAT

Oil in a large skillet over medium-high heat.



ADD

Garlic and cook for 1 minute.



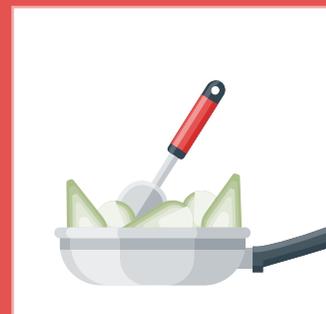
COOK

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.

