

# Fennel in Orange Sauce



Serves 3-4

## Cooking Time (including preparation)

- 20-30 mins (med high heat) for Kapha
- 30-40 mins (low med heat) for Vata and Pitta

## Ingredients

- 2 fennel bulbs with stems removed
- ¼ cup sweet orange juice
- 1 Tbsp ghee
- Pinch of salt and pepper

## Method

Cut the fennel bulbs in half. Melt the ghee in frying pan. Place the fennel bulbs, cut sides down, in the pan and saute for about 10 mins until golden. Add the orange juice, salt and pepper and continue to cook until fennel is soft.

Serve with Pasta and Green Sauce.

## To maximise nutritional benefits

- Be mindful that food preparation is an act of love and not a chore
- Before consuming, pause to give thanks to all those involved in the growing, providing, preparation and cooking of the meal
- Consume same day
- Chew each mouthful a min of 10 times before swallowing
- Sip warm beverages, don't drink
- Wait for a minimum of 10 mins after eating to savour the meal