

# FETA & FENNEL DIP

---

Serves 4

## INGREDIENTS:

350g fennel

90g feta

½ tin cannellini beans (120g drained)

50ml olive oil

100ml water

Juice of ½ lemon

## DIRECTIONS

---

Cut the fennel bulb into slices about 5mm thick. Transfer to an air fryer tray (or baking tray if using an oven) and toss with 1 tbsp oil. Cook for 20 minutes at 190°C, until it starts to brown — you might need a little longer if using an oven.

Once cooked, transfer the fennel to a food processor with the feta and beans.

Add the water, the remaining olive oil and the lemon juice. Blitz until smooth.

Taste and adjust the seasoning. Serve with crusty bread, pittas or whatever you fancy.