

# LOVE THY CARROT

*real food made with love*

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## POTATO FENNEL SALAD WITH GRAINY MUSTARD DRESSING AND FRESH HERBS

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This recipe makes 6 as a side dish.

### INGREDIENTS FOR THE SALAD

3 pounds potatoes, I like to buy the small the mini potatoes, cut if needed.  
1 fennel bulb, thinly sliced (save the fronds for garnish)  
1 cup baby spinach, packed  
1 shallot, peeled and finely chopped  
1/4 cup finely-chopped fresh parsley  
1/4 cup finely-chopped fresh dill  
1/4 cup finely-chopped fresh chives

### DIRECTIONS FOR THE SALAD

1. Place the potatoes in a large pot and add enough water so that the potatoes are covered. Cook over medium-high heat until the water starts to boil. Reduce heat to medium and simmer; continue cooking for about 8 - 10 minutes or until the potatoes pierce easily with a fork.
2. Drain the potatoes in a colander and let cool for for about 5 minutes.
3. While the potatoes are still warm toss with the dressing.
4. Add in the sliced fennel, shallot and fresh herbs.
5. Toss again until combined.
6. Taste and adjust seasoning, you may need to add more salt and pepper. If not serving right away you can cover and refrigerate.
7. I like to serve at room temperature but it can also be served chilled.

### INGREDIENTS FOR THE DRESSING

juice from 1/2 a lemon  
4 tsp Apple Cider Vinegar  
2 tsp Whole Grain Mustard  
1/2 cup Olive Oil,  
1/2 tsp kosher salt or more to taste  
freshly ground black pepper to taste

### DIRECTIONS FOR THE DRESSING

1. Whisk all ingredients in a small bowl or shake, covered, in a jar.
2. Taste and adjust seasoning.

### COOKS NOTES

To make this more of a meal you could add in olives, garbanzo beans, chopped hard boiled eggs, green onions or crumble in some goat, feta cheese or blue cheese.