



Heirloom Tomato Salad with Pickled Fennel



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



275 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 anaheim chili seeded sliced into 3/4" rings,
- ☐ 1 teaspoon aniseed
- ☐ 1 cup cherry tomatoes halved
- ☐ 1 teaspoon coriander seeds
- ☐ 0.3 teaspoon cumin seeds
- ☐ 6 servings fennel bulb (for serving)
- ☐ 1 medium fennel bulb cored thinly sliced
- ☐ 1 teaspoon fennel seeds

- ☐ 2 pounds heirloom tomatoes cut into wedges (3)
- ☐ 6 servings pepper freshly ground
- ☐ 0.3 lemon grass crushed
- ☐ 7 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 1 of orange zest with a vegetable peeler
- ☐ 2 tablespoons sherry vinegar white
- ☐ 1 star anise whole
- ☐ 0.5 cup sugar
- ☐ 1.5 cups rice vinegar

Equipment

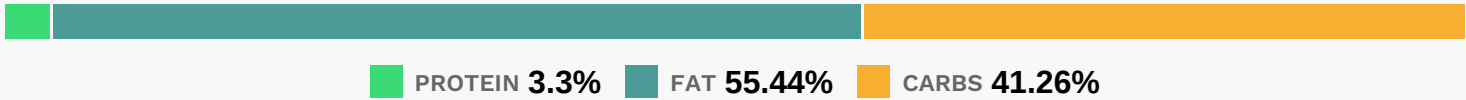
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ kitchen twine

Directions

- ☐ Toast star anise, aniseed, coriander seeds, fennel seeds, and cumin seeds in a small skillet over medium-low heat, stirring often, until fragrant, about 3 minutes. Bundle toasted spices, lemongrass, and orange zest in a piece of cheesecloth and tie with kitchen twine to make a sachet.
- ☐ Place sachet and fennel in a 1-quart jar or bowl.
- ☐ Bring vinegar, sugar, salt, and 1/2 cup water to a boil in a medium saucepan, stirring to dissolve sugar and salt.
- ☐ Pour vinegar mixture over sachet and fennel and let cool; discard sachet. Cover fennel and chill at least 12 hours.
- ☐ DO AHEAD: Pickled fennel can be made 2 weeks ahead. Keep chilled.
- ☐ Combine large and cherry tomatoes, vinegar, and 6 tablespoons oil in a medium bowl; season with salt and pepper.
- ☐ Let sit at room temperature 30 minutes.

- ☐
- Before serving, heat remaining 1 tablespoonoil in a medium skillet over high heat. Cook
- ☐
- Cubanelle peppers, tossing often,until charred in spots, about 4 minutes.
- ☐
- Serve tomato salad topped withpeppers, pickled fennel, and fennel fronds.

Nutrition Facts



Properties

Glycemic Index:49.18, Glycemic Load:13.97, Inflammation Score:-8, Nutrition Score:11.610434806865%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 274.86kcal (13.74%), Fat: 17.01g (26.17%), Saturated Fat: 2.35g (14.67%), Carbohydrates: 28.48g (9.49%), Net Carbohydrates: 24.24g (8.82%), Sugar: 23.45g (26.06%), Cholesterol: 0mg (0%), Sodium: 96.09mg (4.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.56%), Vitamin K: 47.76µg (45.49%), Vitamin C: 33.92mg (41.12%), Vitamin A: 1438.83IU (28.78%), Vitamin E: 3.54mg (23.63%), Manganese: 0.38mg (18.94%), Potassium: 603.55mg (17.24%), Fiber: 4.24g (16.97%), Folate: 36.99µg (9.25%), Vitamin B6: 0.17mg (8.27%), Iron: 1.39mg (7.75%), Copper: 0.15mg (7.69%), Magnesium: 30.38mg (7.59%), Phosphorus: 72.2mg (7.22%), Vitamin B3: 1.34mg (6.69%), Calcium: 53.11mg (5.31%), Vitamin B1: 0.07mg (4.91%), Vitamin B2: 0.05mg (3.21%), Zinc: 0.45mg (2.97%), Vitamin B5: 0.27mg (2.66%), Selenium: 0.95µg (1.35%)