

Creamy Cheesy Roasted Fennel

Serves: 1

Prep time: 5 Minutes

Cooking time: 25 Minutes

Ingredients:

- 1 fennel bulb, trimmed and cut into wedges
- 2 tablespoons cream
- 1 teaspoon grated garlic
- pinch fennel seeds
- pinch of fennel fronds
- pinch mixed herbs (any)
- pinch chilli powder
- ¼ cup cheddar cheese
- ¼ cup parmesan cheese
- salt and pepper



*Yummy cheese side dish to your
choice of protein, or eat as is.
Enjoy!*

Method:

- Preheat oven 180°C
- Mix the cream, garlic, fennel seeds and fronds, herbs, chilli, and cheddar cheese together.
- Season with salt and pepper
- Arrange the fennel in a small baking dish
- Pour the sauce over fennel wedges and top with the parmesan cheese
- Bake in preheated oven for 25 minutes, until golden in colour and cooked through
- **Serve as a side to any protein. Enjoy!**