



Citrus Salad with Hazelnuts

10 minutes

Hands on

4

Portion(s)

1

Difficulty



Ingredients

- 6 blood orange
- 6 oranges
- salt
- pepper, freshly ground
- 2 sprig(s) rosemary, only the leaves
- 2 tablespoon(s) olive oil
- 10 olives, black, pitted
- 10 mint leaves, for serving
- 50 g hazelnuts, toasted and crushed

Διατροφικός πίνακας

Nutrition information per portion

376 Calories (kcal)	17.8 Total Fat (g)	2.0 Saturated Fat (g)	39.7 Total Carbs (g)
19%	25%	10%	15%
39.1 Sugars (g)	6.2 Protein (g)	7.2 Fibre (g)	0.77 Sodium (g)
43%	12%	29%	13%

Method

- Using a sharp [knife](#), cut away the peel from the oranges, from one pole to the other, making sure to remove all of the pith and membrane, so that only the flesh remains.
- Repeat the same process with the blood oranges.
- Cut the fruit into round slices and arrange nicely on a serving platter.
- Remove any pits if necessary.
- Season with salt and pepper, finely chopped rosemary leaves and drizzle with olive oil.
- Add the olives, basil leaves and toasted hazelnuts.
- Serve.