



Oven Baked Fennel

NIBBLEDISH CONTRIBUTOR

Ingredients

2 fresh fennel bulbs
butter
salt
100gr. bread crumbs
50 gr. fresh grated Parmesan cheese
1/2 tsp ground nutmeg

Instructions

Wash and clean the fennel. Slice it and cook it in a boiling water about 10 minutes until soft.

Preheat the oven to 190°C. Grease a medium baking pan with butter. Arrange the fennel slices on the bottom of the pan. Sprinkle with salt. Combine the bread crumbs with the Parmesan cheese and cover the fennel with this mixture. Arrange some butter pieces over the mixture, sprinkle with nutmeg. Pour in the preheated oven and bake about 15-20 minutes until it's lightly brown. Remove from the oven, pour into a serving dishes and serve.

This is a very low in fat and healthy dish.