THE LIGHTER PLATE METHOD

# Fennel, Apple & Lemon Infusion

Softly aniseedy and apple-sweet — a calm end to a heavy meal.



| PREP | COOK | TOTAL | SERVINGS | DIFFICULTY |
|---|---|---|---|---|
| **3 min** | **7 min** | **10 min** | **2** | **EASY** |

## Ingredients

- 2 tsp fennel seeds
- 1  apple (thinly sliced)
- 1  lemon
- 2 tsp honey
- 600 ml boiling water

## Method

1. Lightly crush the fennel seeds with the flat of a knife to release their oils.
2. Put them in a teapot or jug with the apple slices and two pared strips of lemon zest.
3. Pour over the boiling water and steep for 7 minutes.
4. Strain into mugs and stir in the honey and a squeeze of lemon juice.

## Tips & swaps

- Crushing the seeds roughly doubles the flavour you get out of them. The apple slices are not decoration; they give the infusion its gentle sweetness.

## Storage & reheating

Best drunk fresh.

## Nutrition (per serving)

| KCAL | PROTEIN | CARBS | FAT | FIBRE |
|---|---|---|---|---|
| **40** | **0g** | **10g** | **0g** | **1g** |

*Estimated values, for guidance only.*