

# Roasted Fennel and Beet Ptitim with Lemon-Mint Vinaigrette

Recipe By *Sina Mizrahi*



Binah Relish

Cooking and Prep:  1 h

Serves:  6

Contains:  

**Preference:** Parve

**Difficulty:** Easy

**Occasion:** Shabbat

**Diet:** Vegetarian, Vegan,  
Pescetarian

**Source:** Relish by Binah  
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Roasting fennel brings out its subtle, unexpected sweetness as opposed to its sharp licorice-like taste when raw, and tossing it alongside beets and pomegranate arils creates a delicious fall dish. The Israeli couscous is a perfect backdrop for the flavors, but you can easily substitute quinoa or rice.

## Ingredients (18)

### Ptitim

- 1 tablespoon **Bartenura Olive Oil**
- 1 cup ptitim (**Gefen Israeli Couscous**)
- 1 and 1/4 cups boiling water
- 1 teaspoon salt

### Vegetables

- 1 large fennel, washed and sliced
- 2 medium beets, scrubbed, peeled, and sliced
- 1/4 red onion, thinly sliced into rings
- 1-2 tablespoons **Bartenura Olive Oil**
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 1/2 cup pomegranate arils

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### Lemon-mint vinaigrette

- 1/4 cup **Bartenura Olive Oil**
  - juice of 1 lemon, and zest of 1/2 a lemon
  - 1 tablespoon **Gefen Honey**
  - 1 teaspoon salt
  - 1/2 teaspoon black pepper
  - 2 tablespoons chopped parsley, plus extra for garnish
  - 4-5 mint leaves, chopped, plus extra for garnish
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## Start Cooking

### Roast the Vegetables

1. Preheat oven to 400°F.
2. Line up the fennel slices on a rimmed baking pan. Place the beets in a line next to the fennel and the red onion in a line next to the beets. Drizzle with olive oil, salt, and pepper and lightly toss each vegetable to coat.
3. Roast the vegetables at 400°F for 30–35 minutes. Remove from oven and allow to cool.

### Cook the Couscous

1. Meanwhile, heat the olive oil in a medium saucepan over medium-high heat. Add the Israeli

couscous and stir to coat, letting it toast slightly. Add the water and salt and bring to a boil.

2. Cover and reduce heat to low. Simmer until all the water has been absorbed, approximately 10 minutes. Remove from heat and allow to cool.

### For the Vinaigrette

1. Combine the vinaigrette ingredients and whisk or pulse to emulsify.

### Assemble

1. To assemble the salad, layer the Israeli couscous, fennel, beets, onion, and pomegranate arils.
2. Drizzle with the vinaigrette.
3. Garnish with extra parsley and mint and serve warm or at room temperature.

### Tip:

Go ahead and make this dish in advance — the longer the couscous and vegetables have to absorb the vinaigrette, the better it all tastes!