

Spinach, Watercress and Orange Salad

Serves: 4

Preparation time: 10 minutes

Ingredients:

- 225g/ 8oz baby spinach leaves and watercress
- 2 large oranges
- ½ red onion
- red pepper
- linseed/flaxseed (to sprinkle)

Dressing

- 3 tbsp extra virgin olive oil
- 2 tbsp freshly squeezed orange juice
- 2 tsp lemon juice
- 1 tsp clear honey
- ½ tsp wholegrain mustard
- Salt and pepper

Method:

- 1) Wash the spinach leaves under cold running water and then dry them thoroughly on absorbent kitchen paper. Remove any tough stalks and tear the larger leaves into smaller pieces.
- 2) Slice the top and bottom off each orange with a sharp knife, then remove the peel. Carefully slice between the membranes of the orange to remove the segments. Reserve any juices for the salad dressing.
- 3) De-seed the red pepper and using a sharp knife finely chop the onion and pepper.
- 4) Mix together the salad leaves and orange segments and arrange in a serving dish.
- 5) Scatter the chopped onion and red pepper over the salad.
- 6) To make the dressing, whisk together the olive oil, orange juice, lemon juice, honey, mustard and salt and pepper to taste in a small bowl.
- 7) Pour the dressing over the salad just before serving. Toss the salad well to coat the leaves with the dressing. Sprinkle with linseed/flaxseed.