

# Orange & Watercress Salad

Serves 1 | Active Time: 20 minutes | Total Time: 20 minutes

*Swick*

## Chef's Notes

This simple, but flavorful, salad makes a healthy and refreshing side. For a complete and satisfying meal, try paring it with a delicious grilled steak or pan-fried chicken breast. For a bit of crunch, try adding 1 to 2 tbsp of slivered almonds.

## Making the Vinaigrette

To make the vinaigrette, first segment the orange. Once done, squeeze the excess juice into a bowl.

Heat a small frying pan over medium-high heat and add the juice. Let the juice simmer and reduce until a syrup-like consistency is reached. Transfer to a bowl and let cool slightly. Then add the vinegar, salt, pepper and olive oil. Whisk and then set aside while you prepare the greens.

## Step 1: Making the Vinaigrette

- 1 large orange
- 1 tbsp champagne or white wine vinegar
- sea salt (to taste)
- freshly ground black pepper (to taste)
- 2 to 3 tbsp of extra-virgin olive oil

## Preparing and Assembling the Salad

Before you assemble the salad make sure the greens are washed, dried and torn into bite-size pieces.

Make sure the vinaigrette is well mixed before drizzling a bit at a time over the greens. Gently toss to make sure everything is lightly coated. To finish, add the orange segments, toss again and serve.

## Step 2: Preparing and Assembling the Salad

- 2 1/2 cups watercress (approx.)
- 2 1/2 cups butter lettuce (approx.)