

Crunchy Watercress and Orange Salad



Ingredients

2 oranges

Bunch or bag of watercress

30g pumpkin seeds

Dressing:

2 tbsp olive oil

Freshly ground black pepper

Method

1. Carefully and thoroughly wash the watercress and allow it to drain
2. Wash the oranges and finely grate the zest of one of them
3. Carefully cut the skin and white pith from the oranges with a sharp knife. Save the juice that is produced
4. Cut the segments from the oranges and put them in a bowl. Remove any seeds or membrane that separates the segments
5. For the dressing, mix the olive oil with 1 tbsp of orange juice, some ground black pepper and 1 tsp of grated orange zest
6. Gently heat the pumpkin seeds in a frying pan (without oil), shaking them around the pan until they start to toast
7. Mix the watercress, orange segments and dressing together in a serving dish and scatter the pumpkin seeds on top