

# ALASKA SALMON WITH ORANGE AND WATERCRESS



**Preparation Time:** 15 minutes

**Cook Time:** 15 minutes

**Servings:** 4

**Ingredients:**

- 4 Alaska salmon fillets (4 to 6 oz. each)
- 1/4 cup avocado oil, divided
- 2 bunches (about 3 cups) watercress, roughly chopped or 3 cups microgreens
- 3 Tablespoons cucumber, finely chopped
- 2 oranges, peeled and segmented (membrane removed)
- 1-2 teaspoons white wine vinegar
- Salt and pepper, to taste
- 2 cups mixed greens
- Half of an avocado, pitted, peeled and sliced
- 1/4 cup walnuts
- 2 Tablespoons apple cider vinegar
- Pimenton (smoked paprika), for finishing
- 4 to 6 edible flowers, such as nasturtiums

**Description:**

Rinse any ice glaze from frozen Alaska salmon under cold water; pat dry with paper towel. Heat skillet over medium-high heat and brush both sides of fish using 3 tablespoons of avocado oil. Cook salmon, uncovered, about 4 minutes, until browned.

Turn salmon over and season lightly with salt and pepper. Cook an additional 6 to 8 minutes for frozen or 3 to 4 minutes for fresh/thawed, just until fish is opaque throughout.

Meanwhile, in a medium bowl combine watercress, cucumber and orange segments. Season with a few drops of white wine vinegar, remaining avocado oil, and salt and pepper, to taste.

Plate mixed greens next to salmon and top with avocado, walnuts and apple cider vinaigrette. Add nasturtiums and serve.