



Seared salmon with heather honey dressing

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tbsp olive oil
- 450 g salmon fillet
- 2 large oranges
- 3 small onions red
- 225 g prawn cooked peeled
- 300 g salad leaves mixed
- 125 ml olive oil
- 2 tbsp wholegrain mustard

- 1.5 tbsp clear honey
- 1 tbsp mayonnaise
- 1 tbsp raspberry vinegar

Equipment

- bowl
- frying pan
- blender
- ziploc bags

Directions

- The day before, heat the olive oil in a non-stick frying pan, then cook the salmon, skinned side down, for 12-15 minutes, turning half way through. It should be cooked all the way through and opaque in the centre.
- Meanwhile, make the dressing. Put olive oil, mustard, honey, mayonnaise and vinegar with some salt and pepper into a blender and whizz until well combined, then set aside.
- Peel and segment the oranges and remove any pith (work over a plate so you can catch all the juices). Cover the oranges and keep in a cool place. Stir the orange juice into the dressing and store it in a screw top jar. Slice the onions, put into a plastic bag and store in the fridge.
- Flake the salmon into large pieces using two forks to tease the flesh apart, then spoon over half the dressing. Cover and chill.
- When ready to serve, shake the dressing, put the sliced onion, prawns and orange segments in a large bowl and drizzle over the remaining dressing.
- Add the salad leaves and toss together lightly. Using your hands, gently lift the mixture on to a large platter and scatter over the salmon flakes. Season with some coarsely ground black pepper and serve immediately.

Nutrition Facts

 **PROTEIN 22.9%**  **FAT 59.69%**  **CARBS 17.41%**

Properties

Glycemic Index:30.47, Glycemic Load:4.4, Inflammation Score:-7, Nutrition Score:15.193478419243%

Flavonoids

Hesperetin: 12.53mg, Hesperetin: 12.53mg, Hesperetin: 12.53mg, Hesperetin: 12.53mg Naringenin: 7.05mg, Naringenin: 7.05mg, Naringenin: 7.05mg, Naringenin: 7.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.58mg, Quercetin: 8.58mg, Quercetin: 8.58mg, Quercetin: 8.58mg

Nutrients (% of daily need)

Calories: 315.86kcal (15.79%), Fat: 21.26g (32.71%), Saturated Fat: 3.03g (18.93%), Carbohydrates: 13.96g (4.65%), Net Carbohydrates: 11.98g (4.36%), Sugar: 9.35g (10.39%), Cholesterol: 76.94mg (25.65%), Sodium: 122.39mg (5.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.36g (36.71%), Vitamin C: 36.26mg (43.95%), Selenium: 22.47µg (32.09%), Vitamin B12: 1.79µg (29.85%), Vitamin B6: 0.57mg (28.54%), Vitamin B3: 4.83mg (24.15%), Phosphorus: 210.43mg (21.04%), Vitamin E: 2.47mg (16.45%), Potassium: 567.4mg (16.21%), Vitamin B2: 0.27mg (15.67%), Copper: 0.31mg (15.54%), Vitamin B1: 0.2mg (13.64%), Folate: 50µg (12.5%), Vitamin K: 12.67µg (12.07%), Vitamin B5: 1.16mg (11.64%), Vitamin A: 556.61IU (11.13%), Magnesium: 41mg (10.25%), Manganese: 0.16mg (8.08%), Fiber: 1.97g (7.9%), Zinc: 0.95mg (6.36%), Iron: 1.14mg (6.32%), Calcium: 60.54mg (6.05%)