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[Seared Salmon with Watercress and Warm Orange Dressing](#)

Seared salmon is served with a bed of fresh watercress and a warm orange dressing. The dish is light and refreshing, perfect for a healthy and flavorful meal. The salmon is cooked to perfection, with a crispy skin and tender, flaky flesh. The watercress adds a peppery bite, while the warm orange dressing provides a tangy and citrusy flavor. This recipe is a delicious combination of flavors and textures that is sure to impress.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	salmon fillets
200 g	Watercress
1 medium	Orange

2 tbsp	olive oil
1 tsp	salt
1 tsp	black pepper

Directions

Step 1

Season the salmon fillets with salt and black pepper.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Pan-frying

Heat olive oil in a pan over medium-high heat. Add the salmon fillets, skin-side down, and cook for 3-4 minutes until the skin is crispy. Flip the fillets and cook for an additional 2-3 minutes until the salmon is cooked through.

Prep Time: 5 mins

Cook Time: 7 mins

Step 3

Preparation

While the salmon is cooking, prepare the watercress by washing and drying it thoroughly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Heating

To make the warm orange dressing, squeeze the juice from the orange into a small saucepan. Heat the juice over low heat until warm.

Prep Time: 2 mins

Cook Time: 3 mins

Step 5

Plating

To serve, place a bed of watercress on each plate. Top with a seared salmon fillet. Drizzle the warm orange dressing over the salmon and watercress.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 25 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	80 mcg	3333.33%	3333.33%
Vitamin E	6 mg	40%	40%
Vitamin D	10 mcg	66.67%	66.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	700 mg	20.59%	26.92%
Zinc	15 mg	136.36%	187.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	60 mcg	109.09%	109.09%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Thanksgiving Barbecue

Cuisines

Italian French Thai

Meal Type

Breakfast Lunch Dinner Snack

Nutritional Content

Low Calorie High Protein Low Fat High Fiber Low Sodium High Vitamin C
High Iron High Calcium

Kitchen Tools

Blender

Course

Appetizers Main Dishes

Difficulty Level

Easy

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