

# Watercress, Orange and Avocado Salad

## *Ingredients for 4+*

- 1 large bunch **watercress**
- 3 **oranges**
- 2 **avocados**
- 1 **lime**
- 1 tbsp **honey**
- 1 tbsp **macadamia nuts**
- 1 tbsp dijon mustard
- 3 tbsp olive oil
- Salt and pepper



**Look for bold ingredients at the market.**

## *Directions*

1. Thinly slice 1/4 red onion and soak in water for about 10 minutes.
2. Squeeze 1 orange and whisk the orange juice, the juice of the lime, honey and dijon mustard, and add salt and pepper to taste. Whisk in olive oil.
3. Slice avocados and segment 2 oranges. Drain the onion, toss with watercress, avocados, oranges and the dressing.
4. Garnish salad with chopped and toasted macadamia nuts.