

Spring greens with oranges

4 Oranges

1 Teaspoon honey

½ Cup olive oil

12 Cups watercress

½ Fennel

2/3 Cup walnuts or croutons

Method

1. Juice and zest one orange and peel and slice the other 3.
2. Finely slice the fennel.
3. Dry roast the walnuts if using or tear some bread into pieces and sprinkle with a little olive oil and roast until crisp for croutons.
4. Mix the zest, orange juice, honey and olive oil together.
5. Add 12 cups watercress, sliced oranges, toasted walnuts or croutons and the finely sliced fennel and toss. Serve.

