
Seared Salmon with Heather Honey Dressing

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A light and colorful starter using Scottish salmon with an aromatic heather honey dressing.



YIELD: 8 SERVINGS

PREP TIME and COOK TIME = TOTAL TIME: 35 mins

Ingredients

- 1 tbsp olive oil
- 450g (~ 1 lb.) salmon fillet, skinned.
- 2 large oranges
- 3 small red onions
- 225g (~1/2 lb.) large, cooked, peeled prawn.
- 2 x 150g (~ 5oz) bags bistro leaves or mixed salad leaves

For the dressing

- 125ml (~8 tbsp.) olive oil
- 2 tbsp wholegrain mustard
- 1 ½ tbsp heather honey or clear honey
- 1 tbsp mayonnaise
- 1 tbsp white wine or raspberry vinegar

Instructions

- **STEP 1**

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 halfway through. It should be cooked all the way through and opaque in the center.

- **STEP 2**

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.

- **STEP 3**

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.

- **STEP 4**

Flake the salmon into large pieces using two forks to tease the flesh apart, then spoon over half the dressing. Cover and chill.

- **STEP 5**

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.



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