

Watermelon, rocket & haloumi salad



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Preparation 15 mins | Cooking 4 mins | Serves 4 for a light meal or starter

- 1.6 kg wedge seedless watermelon, rind washed
- 1 tbs extra virgin olive oil
- 2 x 250g pkts haloumi cheese, drained and cut into ½cm-thick slices
- 80g rocket leaves
- ½ small red onion, very thinly sliced
- 100g pitted kalamata olives, halved lengthways
- Mint leaves, to serve

Lime & mint dressing:

- 2 tbs extra virgin olive oil
- 2 tbs lime juice
- 1 tbs finely chopped mint leaves

STEP 1 Remove rind and slice watermelon into ½-cm thick wedges.

STEP 2 To make the dressing, place all ingredients in a bowl. Season with salt and pepper. Mix to combine. Set aside.

STEP 3 Heat oil in a large non-stick frying pan over medium-high heat. Cook haloumi, in batches, for 1 minute on each side until golden. Drain on paper towel.

STEP 4 Arrange watermelon, haloumi, rocket and onion on serving plates. Drizzle with the dressing. Scatter with olives and a few mint leaves and serve.

Good for you... WATERMELON

A good source of vitamin C, the vitamin that helps with the body's defence against infection. The deepest red-fleshed melons provide beta carotene which is converted to vitamin A in the body. A source of lycopene, a carotenoid also found in tomatoes and associated with the health of the prostate gland in men.

