

Watermelon cubes with feta, olives & mint

Preparation 20 mins | Makes 12

Excellent for easy entertaining, serve these with cool drinks.

Toss leftover watermelon through a fruit salad or blend it for an iced drink.

½ small (about 2kg) piece seedless watermelon, chilled 100g Persian or marinated feta, drained 1 tbs finely chopped mint leaves + 12 small mint leaves to serve 6 pitted Kalamata olives, finely chopped Dukkah*, to serve

*Dukkah is a delicious dry mixture of ground seeds, spices and nuts. It's available from some greengrocers and most supermarkets.

STEP 1 Trim watermelon and cut flesh into 12 x 3cm square cubes. Using a melon baller (or small knife), scoop a small well out of each watermelon cube, ensuring that you keep the watermelon sides intact.

STEP 2 Beat feta in a small bowl until smooth. Stir in mint and olives. Spoon mixture into watermelon cubes. Top each with a small mint leaf. Place onto a serving tray, sprinkle with dukkah 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.



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