

Rockmelon, prosciutto & haloumi skewers



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Preparation about 30 minutes

Cooking about 3 minutes

Serves 4 as an appetizer

You'll need 8 x16cm bamboo skewers for this recipe.

1 small rockmelon

8 thin slices prosciutto, halved lengthways

200g haloumi cheese, cut into 2–3cm cubes

Rocket leaves, to serve

Extra virgin olive oil, to serve

1. Soak bamboo skewers in a water for 10 minutes. Meanwhile, peel, deseed and cut rockmelon into 3cm cubes. Wrap each rockmelon cube in a slice of prosciutto. Carefully thread rockmelon and haloumi cheese cubes onto skewers.
2. Preheat a large non-stick frying pan over medium-high heat. Add skewers and cook, turning often, for 2–3 minutes until haloumi is hot. Serve skewers with rocket leaves and a drizzle of extra virgin olive oil.



Rockmelon

- An excellent source of vitamin C, an essential vitamin for the body to fight infection.
- The darker the flesh, the higher its content of beta carotene, which the body converts to vitamin A. This vitamin is required for vision in dim light.
- Provides potassium, which is needed to balance sodium from salt.