

# Rockmelon with prosciutto & rocket



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Preparation: about 15 mins Serves: 4

### Ingredients:

- 1 medium rockmelon
- 100g rocket leaves
- 16 thin slices (about 300g) prosciutto
- 1/4 cup extra virgin olive oil
- 2 tbs lemon juice
- 1 tsp brown sugar
- salt and ground black pepper

### Method:

1. Halve rockmelon lengthways, remove seeds and peel. Slice into 2cm-thick wedges.
2. Arrange rocket and rockmelon on serving plates. Top with prosciutto.
3. Combine oil, lemon juice, brown sugar and salt and pepper to taste in a screw-top jar. Shake until well combined. Drizzle lemon dressing over prosciutto, melon and rocket and serve.



### 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 that comes from salt.