

Spicy rockmelon, macadamia & ham salad



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Ingredients:

- 2 garlic cloves, crushed
- 1 medium red chilli, finely chopped
- 2 tbs caster sugar
- 1 lime, juiced
- 1/4 cup fish sauce
- 1/2 cup water
- 1 medium rockmelon, halved and deseeded
- 2 tbs olive oil
- 300g leg ham, roughly chopped
- 1/2 cup chopped macadamia nuts
- 1 bunch rocket, trimmed and shredded
- 1 cup mint leaves

Health benefits:

Rockmelon

Rockmelon is an excellent source of vitamin C. Half a cup of rockmelon will provide you with half of your daily vitamin C requirements.

Containing a significant amount of beta-carotene and fibre, rockmelon is also low in sodium and a good source of potassium.

Method:

1. Combine garlic, chilli, caster sugar, lime juice, fish sauce and water in a screw-top jar. Shake well to combine.
2. Peel and roughly chop rockmelon. Place into a large bowl.
3. Heat oil in a frying pan over medium-high heat until hot. Add ham and macadamia nuts and cook, stirring often, for 5 minutes or until light golden. Set aside to cool.
4. Add ham mixture, rocket and mint to rockmelon. Pour over chilli dressing to taste*. Toss gently to combine and serve immediately.

*Store leftover dressing in an airtight container in the fridge. Serve drizzled over a green salad.

Serves: 4

Preparation: 15 minutes

Cooking: 5 minutes



Supplying quality fresh fruit & vegetables



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