

Rockmelon 'carpaccio' & haloumi salad



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Preparation 20 mins | Cooking 3 mins | Serves 4 (as a starter or side)

This is a great combination of flavours and makes the perfect light starter on a warm day. It's also delicious served with grilled fish or chicken.

- ½ large rockmelon
- 1 tbs lemon juice
- ½ tsp dried chilli flakes
- 200g haloumi, sliced
- ½ small red onion, peeled and very thinly sliced
- ½ cup small mint leaves
- ¼ cup pistachios, chopped

STEP 1 Peel and deseed rockmelon. Using a V-slicer or sharp knife, very thinly slice rockmelon. Toss rockmelon with lemon juice and chilli flakes in a bowl. Set aside.

STEP 2 Heat oil in a large frying pan over medium-high heat. Add haloumi and cook, turning once, for 1-2 minutes until hot and golden. Drain on paper towel.

STEP 3 Arrange rockmelon on a serving platter. Top with haloumi and sprinkle with red onion, mint and pistachios. Season with black pepper, drizzle with extra virgin olive oil and serve.

Good for you... **ROCKMELON**

A source of beta carotene, which the body converts to vitamin A. This vitamin is needed for normal vision. A good source of vitamin C which contributes to the normal functioning of the body's immune system. Provides potassium which may help balance the effects of sodium from salt.

