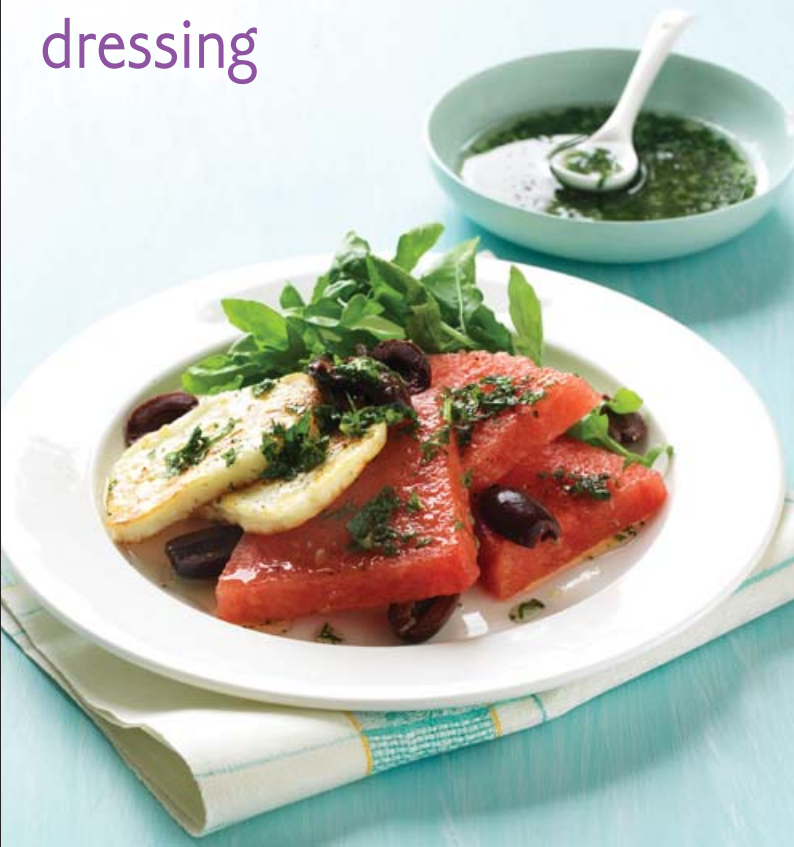


Watermelon, rocket & haloumi salad with mint dressing



Watermelon, rocket & haloumi salad with mint dressing

Preparation: about 15 minutes

Cooking: about 2 minutes

Serves: 4

¼ small (about 1 kg) watermelon

½ small bunch rocket, trimmed

2 tbs olive oil

250g haloumi cheese, cut into ½ cm-thick slices

100g pitted Kalamata olives, halved lengthways

Mint dressing

¼ cup mint leaves, chopped

¼ cup olive oil

Salt and ground black pepper

1. Remove rind and slice watermelon into thin wedges. Arrange rocket and watermelon wedges on serving plates.
2. To make mint dressing, combine ingredients in a jug. Whisk to combine.
3. Heat oil in a medium non-stick frying pan over medium-high heat. Add haloumi cheese, and cook for 1 minute on each side until golden. Arrange warm haloumi on watermelon and sprinkle with olives. Drizzle with mint dressing and serve.



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.