

## WATERMELON AND FETA SALAD

SERVES 4 / PREPARE 10 MINS

### Ingredients

1 kg	Watermelon, peeled cubed and deseeded	2 tbsp	Balsamic vinegar
		1 tbsp	Raw honey
100 g	Feta cheese, crumbled		Salt and pepper
3 tbsp	Pumpkin seeds, dry roasted		
Handful	Fresh mint leaves stripped and torn		
Handful	Fresh basil, leaves stripped and torn		
2 handfuls	Baby (colorful) tomatoes		
6tbsp	Olive oil		

### Instructions

Arrange the watermelon in a shallow bowl or platter.  
Scatter over the feta cheese, seeds, herbs and tomatoes.

PREPARE THE VINAIGRETTE:

Mix the oil and balsamic vinegar in a glass jar add a tiny drizzle of raw honey, salt and pepper and shake well.

Serve alongside the salad.



### Nutrifacts



**Feta** is made with sheep/goat milk so it might be a good option for those who react to cow's milk cheese. Cheese is high SATURATED FAT, so it's important to consume it in moderation, although feta is lower in fat (24%) than other cheeses like cheddar (32%).

**Pumpkin Seeds** are high in FIBRE, PROTEIN and ESSENTIAL FATS. They also contain good levels of IRON, MAGNESIUM and PHOSPHORUS

**Tomatoes** are high in FIBRE that helps to maintain a healthy digestive system and keeps us fuller for longer, VITAMIN C, an antioxidant that protects our bodies from the damage generated by free-radicals and helps support our immune system, and the carotenoid LUTEIN that gives tomatoes their bright red colour and is an antioxidant that research shows may help maintain eye health and lycopene which helps protect against prostate cancer as well as cardiovascular disease.