



Watermelon with feta cheese

20'

Hands on



Method

- Remove as many of the seeds as possible from the watermelon.
- **Cut** the watermelon into small triangular 5x5x1 cm pieces.
- Brush the watermelon pieces with olive oil. Heat a **grill**.
- Place the watermelon pieces on the grill (2 minutes on each side) until slightly charred.
- Transfer to a plate and sprinkle with salt.

To serve

- Serve on **plates** with rocket and feta cheese, add olive oil, balsamic vinegar or cream, mint (if you want), salt and pepper.

Ingredients

- 2 kilos watermelon, with the rind

To serve

- 200 g feta cheese
- baby rocket
- 50 g balsamic vinegar
- 100 g olive oil
- salt, coarse
- pepper
- mint leaves, optional

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|-----------------------|-----------------------------|----------------------------|
| 211 Calories (kcal) | 15.0 Total Fat (g) | 4.4 Saturated Fat (g) | 15.0 Total Carbs (g) |
| 11% | 21% | 22% | 6% |
| 15.0 Sugars (g) | 4.0 Protein (g) | 0.0 Fibre (g) | 0.75 Sodium (g) |
| 17% | 8% | 0% | 13% |