



Watermelon pie

15'
Hands on

60'
Cook Time

12
Portion(s)

1
Difficulty



Method

It is actually a traditional Greek recipe they make in the Cyclades, a group of islands in the Aegean Sea.

- Preheat oven to 160* C (320* F) Fan.
- Remove rind from watermelon and **cut** into 2 cm pieces.
- Remove seeds and put watermelon pieces into a strainer. Let them strain for 1 hour or until release as much liquid as possible.
- In a **bowl**, add the flour, olive oil, honey, cinnamon, poppy seeds and 1 tablespoon sesame seeds. Toss to combine.
- Brush a 30x20 cm **baking pan**. Sprinkle with semolina and a generous amount of sesame seeds.
- Spread mixture in baking pan. Sprinkle the surface with semolina and sesame seeds.
- Drizzle or spray with some more olive oil and bake for 50-60 minutes.
- When ready, remove from oven and set aside to cool.
- **Serve** with some honey.

Ingredients

- 500 g watermelon
- 110 g all-purpose flour
- 50 g olive oil, +extra for brushing pan and drizzling over dish
- 80 g honey, +extra for serving
- 2 tablespoon(s) semolina, fine
- 1 teaspoon(s) cinnamon
- 1 tablespoon(s) sesame seeds, +extra for sprinkling over dish
- 1 tablespoon(s) poppy seeds

Διατροφικός πίνακας

Nutrition information per portion

97 Calories (kcal)	3.8 Total Fat (g)	0.6 Saturated Fat (g)	14.0 Total Carbs (g)
5%	5%	3%	5%
8.2 Sugars (g)	1.4 Protein (g)	0.5 Fibre (g)	0.0 Sodium (g)
9%	3%	2%	0%