



# Watermelon and feta salad

15'

Hands on

8-10

Portion(s)

1

Difficulty



## Ingredients

- 500 g watermelon
- 1 chili pepper
- 1/4 bunch coriander
- zest, of 1 lime
- juice, of 1/2 lime
- 1 tablespoon(s) sesame seeds, black
- 1 pinch fleur de sel
- 5-6 tablespoon(s) olive oil
- 4 tablespoon(s) balsamic cream, with pomegranate
- 100 g rocket
- 1 tablespoon(s) parsley
- 200 g feta cheese

## Method

- Cut the edges of the watermelon. With a knife, cut the peels all around and then, cut it in half lengthways.
- You need 500 g of the watermelon's flesh in total.
- Cut the watermelon into 2 cm cubes and add them into a bowl.
- Add the chili pepper finely chopped, the coriander leaves finely chopped, the lime zest and juice, 1 teaspoon of the black sesame seeds, the fleur de sel, 3-4 tablespoons olive oil, 3 tablespoons of the balsamic cream, and mix by shaking the bowl so to not mash the watermelon.
- On a serving plate spread the rocket, add the bowl's ingredients, the parsley finely chopped, the feta cheese cut into cubes, olive oil, the rest of the sesame seeds, 1 tablespoon balsamic cream, and serve.

## Διατροφικός πίνακας

### Nutrition information per portion

155 Calories (kcal)	12.0 Total Fat (g)	4.0 Saturated Fat (g)	6.4 Total Carbs (g)
8%	17%	20%	2%
6.2 Sugars (g)	3.9 Protein (g)	0.0 Fibre (g)	0.56 Sodium (g)
7%	8%	0%	9%