

HEALTHYFOOD STUDIO





Watermelon, olive and feta salad

Serves 6

Preparation time: 15 minutes

Cooking time: 0 minutes

INGREDIENTS

- 600 g watermelon, cubed
- 80 g reduced fat feta cheese, cubed
- 10 black olives, pitted and halved
- 100 g rocket leaves
- ¼ red onion, thinly sliced
- 2 tablespoon lemon olive oil

METHOD

- 1. Wash the rocket leaves thoroughly and place on paper towel to dry before adding them to a salad bowl.
- 2. Mix with the cubed watermelon, olives, onions and rocket leaves.
- 3. Add the feta cubes on top.
- 4. Place in the fridge to chill until you are ready to serve.
- 5. Before serving, drizzle with lemon oil.