


Watermelon, Tomato and Feta Salad

Serves: 6

Prep time: 10 minutes

Cook time: 0 minutes

 1 serve per portion

Ingredients

1 ½ tablespoons pine nuts or sunflower seeds

3 cups watermelon, cubed

200g punnet cherry tomatoes, halved

½ red onion, thinly sliced

2 tablespoons olive oil

2 tablespoons lemon juice

Cracked black pepper

¼ cup fresh basil and mint leaves, thinly sliced

100g feta, reduced fat, crumbled



Everyday Food

Method

TOAST pine nuts or sunflower seeds for 2-3 minutes in frypan over medium heat. Set aside to cool.

PLACE watermelon, cherry tomatoes and red onion in a bowl.

WHISK olive oil, lemon juice and freshly cracked pepper in a small bowl or jug.

DRIZZLE dressing over salad.

SCATTER with fresh herbs, crumbled feta and toasted nuts.

Recipe courtesy of the Country Kitchens team