

## Watermelon, Feta and Mint Salad

Serves 6

Preparation time: 10 minutes

### Ingredients:

450g/1lb ripe watermelon  
half a cucumber, washed  
1 head 'crispy' or 'curly' lettuce, washed  
1 (200g) pack feta cheese, sliced  
45ml/3tbsp chopped fresh mint  
Dressing:  
juice of 1/2 lemon  
60ml/4tbsp olive oil  
15ml/1tbsp clear honey  
salt and freshly ground black pepper



### Method:

- 1 Cut the watermelon into big wedges, then cut the flesh away from the skin. Slice the flesh into bite sized pieces
- 2 Cut the cucumber in half then half lengthways too. Use a potato peeler to slice ribbons off the cucumber
- 3 Arrange the lettuce leaves in a large bowl, top with the watermelon, cucumber, feta and mint
- 4 Finally place all the dressing ingredients together in a small bowl and whisk together with a fork. Season to taste. Drizzle the dressing over the salad and serve

**Tips:** Counts as **2** portion(s) of fruit / veg per serving. Amount per portion:

|                 |          |
|-----------------|----------|
| Energy          | kcal 191 |
| Protein         | 6.3g     |
| Carbohydrate    | 9.5g     |
| Fat             | 14.5g    |
| Saturated fat   | 5.3g     |
| Fibre (Englyst) | 0.6g     |
| Salt            | 0.90g    |

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