

Watermelon & Mint Summer Salad

Healthy summer salad filled with a delicious combination of sweet and savoury flavours

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INGREDIENTS

- 1 shallot or one medium white onion
- half of a cucumber
- about 10 big green salad leaves (mild flavour)
- 1-3 stalks of mint (if using peppermint, use only 1)
- 100-150g (1-1 ½ cup) fresh blueberries
- 800-900g (5-6 cups) watermelon
- 200g (1 1/3 cup) feta cheese
- olive oil



DIRECTIONS

1. Wash all your vegetables well.
2. Peel and half the shallot and then slice finely.
3. Half the cucumber, then half that half and cube into bite sized cubes.
4. Roughly chop the salad leaves.
5. Remove the leaves from the mint.
6. In a big salad bowl add the sliced shallot, the cubed cucumber, the salad, the mint and the blueberries.
7. Remove the skin from the watermelon and the seeds if you like. Cube the watermelon into bite sized pieces and add to the salad bowl.
8. Crumble the feta cheese into the salad bowl and drizzle with some olive oil. Mix the salad well.
9. Serve chilled.
10. Enjoy!