

Watermelon and Cucumber Salad

Chunky juicy freshness in a bowl.

This is a **Fairtrade** adaptation of a recipe in the Readers Digest "*Low Fat No Fat Cookbook*" together with Nigella Lawson's watermelon salad in "*Forever Summer*".

Serves four.

Ingredients

- 1 small red onion
- 1 **FAIRTRADE** lime
- 15 g fresh mint
- 700 g watermelon
- 1 small cucumber (or half a large cucumber)
- 50 g Zaytoun **FAIRTRADE** black olives
- 30 ml Zaytoun **FAIRTRADE** olive oil

Either

- 100 g crumbled Feta cheese

Or

- cheese and fennel dip¹

Put the watermelon, cucumber and olives into a salad bowl.

Add the olive oil and turn to coat.

Add the red onions and their juices and turn once more.

Chill for 30 minutes in the fridge.

To Serve

Either crumble in the feta cheese and serve with good wholemeal bread, or serve with the cheese and fennel dip.

Method

Skin the onion and chop fine, put the choppings into a small bowl.

Juice the lime and add the juice to the onions.

Pick, wash and chop the mint, and add to the limy onions.

Turn to coat.

Cut the flesh away from the rind of the watermelon, and chop into smallish cubes.

Wash the cucumber, then slice it into chunks the same size as the watermelon cubes.

¹http://www.fairtradecookbook.org.uk/recipes/cheese_fennel_dip.htm