

Product of the week

Watermelon

Watermelon is a good source of Vitamin C. It is mostly water and is a refreshing fruit stacked with nutrients.

Watermelon is a fruit, the product of a seed producing plant and has a signature sweet taste. However, it can be bred back to the squash pumpkin and cucumber family (*Cucurbitacdeae*) and has more lycopene than raw tomato. To retain the antioxidants in this delicious super food store your watermelon at room temperature before slicing. Watermelon is beautiful eaten on the skin, is thirst quenching and yummy by itself or made as a drink blended together lemonade and ½ cup chopped fresh mint. One could also add vodka or tequila to make a cocktail!

Recipe:

Watermelon salad with mint and crispy prosciutto (Feeds 4)

Ingredients:

125g thinly sliced prosciutto
1.5kg Watermelon including rind
6 radishes quartered
4 prawns sliced (you can add more if you wish)
¼ cup fresh mint
¼ cup salted peanuts chopped
1 tablespoon olive oil
3 tablespoons fresh lime juice

Method:

Heat oven to 400 degrees. Arrange prosciutto in single layers on baking tray and bake until crisp (5-10 minutes).

Trim and discard watermelon rind. Cut flesh into ¼ thick triangles.

Place watermelon on serving dishes sprinkle with radish, prawns, mint and peanuts, and drizzle with lime juice and olive oil.

To season, break prosciutto into pieces and sprinkle over the salad before serving.

Source: www.realsimple.com