

Grilled Watermelon Salad

Attention men! A great watermelon is crisp, delicious, sweet and refreshing – the bonus is that it is rich in lycopene, a powerful antioxidant overall, but especially helpful for prostate health. For everyone, watermelon is also rich in vitamins C, B5, A, B1 and B6 and biotin, so its benefits are diverse. The seeds are packed full of Selenium (another powerful antioxidant) so they are worth eating too. It's also diverse in terms of how you can use it — have it as it is, include it in fruit salad, add it to a smoothie, or freeze wedges onto popsicle sticks for a healthy, icy summer treat. Adding watermelon to salad is also delicious, especially if you give it a quick char on the barbeque too. This recipe below is one of our summer favourites – the combination of the watermelon with a perfectly ripe avocado is amazing!

Note! Adding watermelon to a salad also adds carbs, so if you are following Nutrifit, then this should serve as your carb portion. We suggest serving this with grilled chicken from the barbeque. We have some great Nutrifit-approved options ready to go at the deli. These have all been marinated in olive oil and lemon juice which significantly reduces the production of carcinogens on the grill. (ALWAYS marinate your chicken before grilling!)

Extra note on picking the perfect watermelon:

If you buy a whole watermelon, look for one with a "field spot" — a flatter, creamy coloured area that indicates the melon was left to sit long enough to be ripe. Choose something that feels heavy and also one that has a skin that's a little more dull. Glossy watermelons are likely to be less ripe. Above all, avoid anything that has a stalk attached. It's definitely not ripe enough if there is a stalk. If you buy cut watermelon, look for something deep in colour without any lines of white running through it.

SERVES 4

INGREDIENTS

- 1 small red watermelon (3-4lbs)
- 1/4 cup extra virgin olive oil, plus extra for brushing the melon
- 3 tbsp lime juice (approx. 2 limes)
- 1 large orange (navel), juiced
- 1 pinch of sea salt
- A pinch of cayenne pepper
- 1/4 cup fresh mint, chopped
- 1 large avocado, sliced
- Local leafy greens (one handful per person)
- Pumpkin seeds or crumbled feta (*optional*)

see over for recipe!

 approved recipe



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METHOD

Pre-heat the grill

Cut the watermelon in half lengthways, then cut each half in half crosswise. Cut these quarters into 2-inch thick slices.

Brush the slices with olive oil and set aside until ready to grill.

Combine the juices, salt, cayenne and oil and whisk thoroughly into a dressing. Add the mint and set aside.

When ready to grill, place the watermelon slices over a clean grill, directly over the heat source. Grill until marked and just warm but still crunchy. Approximately one minute each side. Let cool.

Cut off the rinds and dice the watermelon into bite-sized chunks. Put the watermelon into a salad bowl and toss in the dressing. At the last minute, stir in the avocado and toss gently.

Serve on a bed of leafy greens (We recommend Miles to Grow for an amazing local option!) and sprinkle with pumpkin seeds for an extra dose of omega 3.

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