



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

WATERMELON & FETA

Time: 30 minutes (plus marinating time)

Serves: 4

Ingredients:

600g watermelon - cut into 5cm squares 2cm thick
100g balsamic vinegar
4 large basil leaves - chiffonade
100g feta - crumbled or small dice
50g green pistachios - roughly chopped
Few grinds black pepper

Preparation:

Place watermelon and vinegar in a vacuum bag and seal under vacuum. Refrigerate for one hour. If you do not have a vacuum sealer, use a zip top bag, removing as much air as possible, then refrigerate for four hours.

Remove the watermelon from the bag, discarding the excess vinegar and cut into bite-size pieces.

Plate the watermelon topped with the basil, feta, pistachios and pepper.

Serve immediately.

Nutritional Information Per Serving:

Calories: 191
Fat: 11g
Carbs: 18g
Fibre: 2g
Protein: 7g