



UCOOK

Watermelon & Creamy Feta Salad

with fresh mint & pita bread chunks

What does summer on a plate look like? Exactly like this photo, Chef! Enjoy this sensational, cooling salad that is tossed with juicy watermelon, fresh cucumber, creamy feta, refreshing mint, sweet pomegranate gems, pickled onions, nutty almonds, and toasted pita chunks.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure

Veggie

Stettyn Wines | Stettyn Family Range Pinotage 2021

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Ingredients & Prep

15g	Almonds
30ml	Low Fat Plain Yoghurt
50g	Danish-style Feta <i>drain & crumble</i>
1	Lemon <i>rinse, zest & cut ¼ into wedges</i>
1	Pita Bread
100g	Watermelon Cubes <i>cut into bite-sized pieces</i>
100g	Cucumber <i>rinse & finely dice</i>
3g	Fresh Mint <i>rinse, pick & finely chop</i>
20g	Green Leaves <i>rinse & shred</i>
15g	Dried Pomegranate Gems
20g	Pickled Onions <i>drain & roughly slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender (optional)

1. ALL THE ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. ZESTY YOGHURT In a small bowl, mash together the yoghurt and ½ the crumbled feta with a fork. Add water in 5ml increments if the mixture is not coming together. Alternatively, place in a blender and pulse until smooth. Mix through the lemon zest (to taste), a squeeze of lemon juice, and seasoning. Set aside.

3. TOASTY PITAS Place a clean pan over medium heat. When hot, toast the pita until heated through, 30-60 seconds per side. Alternatively, place them on a plate and heat up in the microwave, 30-60 seconds. Cut into bite-sized pieces and set aside.

4. CELEBRATION OF COLOUR In a salad bowl, combine the watermelon pieces, the diced cucumber, the remaining crumbled feta, the sliced mint, the rinsed leaves, the pomegranate gems, ½ the toasted nuts, the pickled onions, the pita chunks, a drizzle of olive oil, and seasoning.

5. SO REFRESHING! Serve up the deliciously fresh summer salad and drizzle with the lemon-laced whipped yoghurt & feta dip. Garnish with the remaining nuts.

Nutritional Information

Per 100g

Energy	419kJ
Energy	100kcal
Protein	3.9g
Carbs	14g
of which sugars	2.9g
Fibre	2.1g
Fat	3.6g
of which saturated	1.5g
Sodium	184mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
1 Day