



Watermelon & barbecued chicken salad



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Preparation 20 mins | Serves 4 kids

This quick and easy salads are perfect for a nourishing snack or light meal.

- 750g piece seedless watermelon
- 2 baby cos lettuce, leaves separated
- ½ bought barbecued chicken, flesh shredded, skin and bone discarded
- 50g feta cheese
- reduced fat mayonnaise, to serve

STEP 1 Cut watermelon into 1.5cm-thick slices. Using a 3cm to 5cm cookie cutters or glasses, cut 12-16 rounds from watermelon flesh.

STEP 2 Arrange lettuce leaves on serving plates, top with watermelon and chicken. Sprinkle with feta and a drizzle of mayonnaise and serve.

Good for you... WATERMELON

A good source of vitamin C, the vitamin that helps with the body's defence against infection. The deepest red-fleshed melons provide beta carotene which is converted to vitamin A in the body. A source of lycopene, a carotenoid also found in tomatoes and associated with the health of the prostate gland in men.



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