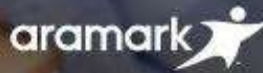


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EXPERIENCE

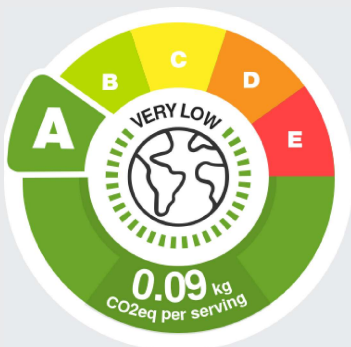


## Mint Melon Fruit Salad



Serves 20 // Preparation time: 15 mins

### Carbon score



### Nutrition Information per portion

Energy: 50 kcal

Sugars: 9.3g

Fat: 0.5g

Fibre: 1.8g

Saturated Fat: 0.04g

Protein: 1g

Carbohydrate: 9.3g

Salt: 0.06g



# Mint Melon Fruit Salad

## INGREDIENTS

- 1 Cantaloupe Melon
- 1 Galia Melon
- ½ Watermelon
- 20g Fresh Mint
- Zest of 1 Lemon
- Zest of 1 Lime
- 1 Tbsp. Honey

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## METHOD

1. Peel and remove the seeds from the melons and dice into bitesize cubes (all the same size)
2. Pick & wash the mint, shred finely and combine in a bowl with the lemon & lime zest & honey
3. Add the melon into the bowl and toss

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## Serving Tips/Suggestions

1. Make in advance and allow to marinate for better results
2. Add basil & feta cheese to create a savoury salad
3. Adding some toasted seeds can add more to your salad