

Melon Salsa

Serves: 10

Prep time: 15 minutes

Cook time: 0 minutes



1/2 serve per portion

Ingredients

2 cups melon (honeydew or rockmelon), finely diced

1/2 continental cucumber, finely diced

1/2 small red onion, finely diced

1 clove garlic, minced

1 lime, zested and juiced

1 chilli, finely chopped (optional)

1/2 cup fresh coriander, chopped

Salt and pepper, to taste



Everyday Food

Method

COMBINE the diced melon, cucumber, and red onion in a medium bowl.

ADD the garlic, lime zest and juice, chilli and coriander, and stir through the salsa.

SEASON with salt and pepper to taste.

REFRIGERATE for 30 minutes before serving.

Recipe courtesy of the Country Kitchens team

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Recipe for good health



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wellbeing**
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