



Spicy Tangy Watermelon Salad

LEVEL: EASY

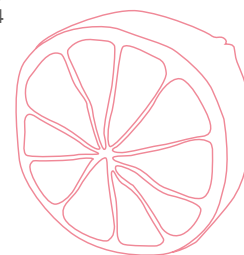
PREP TIME: 30-40 mins

COOK TIME: None

This spicy, tangy and crunchy watermelon salad is perfect for the summer. The odd mix of ingredients work wonderfully together. The refreshing cool of watermelon and cucumber is nicely complemented by the crunchy spiced pepitas and tangy lime juice. This salad has to be one of the most delicious and colourful way to stay hydrated this summer.

Ingredients

- **Toasted pepitas:** 1 cup raw pumpkin seeds, 1 teaspoon extra-virgin olive oil, $\frac{3}{4}$ teaspoon salt, $\frac{1}{2}$ teaspoon smoked paprika, $\frac{1}{4}$ teaspoon cayenne pepper, juice from 1 medium lime
- **Watermelon salad:** 1 small seedless watermelon (about 2 kg) cut into large chunks, $\frac{1}{4}$ cup thinly sliced red onions, 1 medium cucumber, cut into thick slices, $\frac{1}{4}$ cup extra-virgin olive oil, $\frac{1}{2}$ teaspoon chilli flakes, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon cayenne pepper, 2 medium limes, finely grated zest and juice
- 2 tablespoons fresh mint leaves



Method

- Preheat oven to 160°C. In a medium bowl, combine the pumpkin seeds, olive oil, salt, paprika, cayenne, and lime juice. Mix well.
- Spread the seasoned pumpkin seeds in a single layer on a parchment-lined baking sheet. Toast for 12 to 15 minutes, stirring at the halfway point, until fragrant and crunchy. Allow to cool to room temperature.
- Reserve $\frac{1}{4}$ cup toasted pepitas for the salad and keep the rest in a sealed container (ideally refrigerated in the summer).
- Soak the sliced red onions in a bowl of ice water for about 10 minutes.
- In a large bowl, combine the watermelon chunks, cucumber, drained onions, olive oil, chilli flakes, salt, cayenne pepper, lime zest, and lime juice. Toss to mix. Taste for seasoning, and adjust as necessary.
- Garnish and serve with fresh mint leaves and toasted pepitas.