

## **Cucumber and Melon Salad**

Total time **10 mins 10 mins** preparation time

Nutritional facts (per portion):

1091 kJ / 261 kcal

## **INGREDIENTS**

4 portion(s)

**2** mini cucumbers (or 1

large cucumber)

**1** small melon (e.g.

Cantaloupe, watermelon,

honeydew melon)

**200** g feta

2 red sweet pointed

peppers

**2 tbsp** olive oil

2.5 tbsp white wine vinegar2.5 tbsp Kikkoman Naturally

**Brewed Soy Sauce** 

**2 tbsp** honey

Freshly ground pepper

Fat: **16.5** g Protein: **10.2** g

Carbohydrates: 15 g

## **PREPARATION**

Step 1

To prepare the salad, wash the cucumber and slice finely. Halve the melon, remove the seeds and dice the flesh. Crumble the feta. Halve the peppers, removing the seeds and core. Wash and cut into strips.

## Step 2

To prepare the dressing, use a blender to blend 1–2 tablespoons of diced melon, the olive oil, vinegar, soy sauce and honey together. Season with pepper. Add the dressing to the salad and toss before serving.