

Cantaloupe, Cucumber, Feta & Squash Salad

Takes 25 minutes to prepare

Serves 4



Ingredients

235ml plain greek yogurt

Finely grated zest of 1 lime

1 tbsp fresh lime juice

1/2 tsp coarse salt

1/2 tsp ground cumin

1 teaspoon freshly ground pepper

1 bag of butternut squash

1 cucumber unpeeled

1 1/2 tbsp rice-wine vinegar

1 tsp coarse salt

1 cantaloupe melon, rind removed

180g feta diced

Method

Make the dressing: Combine yogurt, lime zest and juice, salt, cumin, and pepper.

Cover, and refrigerate 20 minutes.

Slice the squashes and cucumber into chunks, stopping when you reach seeds. Toss with vinegar and salt.

Cover, and refrigerate.

Make melon balls from the cantaloupe, and refrigerate.

Just before serving, drain cucumber and squash, and toss with cantaloupe.

Add the feta cheese.

Drizzle with dressing.

Serve with crusty bread.