FRESH & COOL

Prosciutto, Melon and Mint Salad

PREP
15 min

SERVES
4

Juicy melon, silky prosciutto, peppery rocket and fresh mint with a splash of lemon and olive oil.

Ingredients

- 1 ripe cantaloupe or galia melon
- 8 slices of prosciutto
- 80 g rocket
- A small bunch of mint, leaves picked
- 2 tbsp extra virgin olive oil
- Juice of 1/2 lemon
- Black pepper
- 30 g parmesan shavings (optional)

Method

1. Halve the melon, scoop out the seeds and cut the flesh into thin wedges or slices.
2. Arrange the melon and torn prosciutto on a platter.
3. Scatter over the rocket, mint and parmesan if using.
4. Whisk the oil and lemon juice, drizzle over the salad and finish with plenty of black pepper.

Cook's tip

Chill the melon for an hour beforehand. The cold fruit against the salty ham is what makes this work.