

Grilled watermelon salad with halloumi

Serves 2

INGREDIENTS

For the salad:

1 small red onion
2 limes
2 tsp icing sugar
250 g fregula sarda
approx. 1 kg watermelon, about
1/2 medium melon
3 tbsp olive oil
approx. 600 g halloumi (grilled
cheese)
1 handful of mint leaves
1 bunch of parsley
50 g shelled pistachios, roasted
and roughly chopped
salt
pepper

For the dressing:

2 tbsp balsamic vinegar bianco
4 tbsp olive oil
1/2 tbsp honey
salt, pepper



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METHOD

1. Peel the onion and cut into fine rings. Mix in a small bowl with the lime juice, zest and icing sugar. Leave to infuse for about 30 minutes.
2. Boil a pan of salted water. Cook the fregula sarda until al dente and drain.
3. Halve or quarter the watermelon and cut into slices about 1 cm thick, removing the rind.
4. Preheat the griddle well. Drizzle the halloumi with a little oil and place on the watermelon on the grill plate. Fry for 4-5 minutes on each side. Once the halloumi is cooked, cut into triangles. Cut the melons into smaller pieces too.
5. For the dressing, mix all the ingredients together and season with salt and pepper. Wash, shake dry and chop the mint and parsley.
6. Mix the fregula sarda in a bowl with 2/3 of the dressing and the herbs.
7. Serve the salad with the melons, halloumi and onions. Sprinkle the pistachios over the salad. Finally, drizzle over the rest of the dressing. Serve immediately while the halloumi is still warm.