



Melon and Cucumber Salad

Serves 4 to 6

This melon and cucumber salad is perfect for a hot summer day. Both fruits are rich in water and mineral salts, and are therefore very refreshing to serve. The rosewater provides a nice fragrance to the dish. It's a quick and mouthwatering dish that can be served as a salad, a starter, a dessert, or between courses to cleanse the palate.

2 English cucumbers, peeled
1 cantelope melon, scrubbed and peeled
10–15 fresh mint or basil leaves, in chiffonade
1 1/2 teaspoons rosewater
1 pinch sea salt

Cut the cucumbers and melon into 1/4-inch matchsticks. Place in a serving bowl, add the mint, rosewater, and salt; gently mix. Cover and chill for at least an hour. Serve chilled.