

Recipe 1

**Grilled Halloumi Cheese with Watermelon and**

**Basil-Mint Dressing**

Serves 4

All you need:

Dressing –

¼ cup fresh mint leaves (plus more for garnish)

¼ cup fresh basil leaves

1 garlic clove

Zest and juice of 1 lemon

1 tablespoon honey

1/3 cup olive oil

Salt and freshly ground black pepper, to taste

1 (8 oz.) package Halloumi cheese, cut into 8 slices

8 small, thin slices of watermelon (rind removed)

Toasted pine nuts, for garnish

All you do:

1. Combine dressing ingredients in a food processor or blender.
2. Preheat grill to high. Brush grill rack with oil. Place cheese slices in a shallow dish and drizzle with 2 tablespoons of the basil-mint dressing. Grill the cheese until grill marks form, about 1 minute per side.
3. Arrange melon slices on a platter. Top with cheese and drizzle with the remaining dressing. Garnish with chopped mint and toasted pine nuts.

Recipe 2

**Beef and Watermelon Stir-Fry with Coconut Rice**

Serves 4-6

All you need:

Sauce –

4 tablespoons reduced sodium soy sauce
3 tablespoons hoisin sauce
2 teaspoons ground ginger
2 teaspoons brown sugar
2 teaspoons cornstarch
2 teaspoons rice vinegar
2 teaspoons garlic powder
1 teaspoon onion powder
1 teaspoon sesame oil
Pinch crushed red pepper flakes

2 tablespoons vegetable oil, divided

2 (8 oz.) beef tenderloin steaks, cut into thin strips (sirloin steak will work too)

1 sweet onion, sliced

1 cup sugar snap peas

1 cup sliced watermelon (rind removed)

Salt and freshly cracked black pepper, to taste

Coconut rice, for serving (see recipe below)

All you do:

1. Combine sauce ingredients in a bowl. Set aside.
2. Heat 1 tablespoon vegetable oil in a large skillet or wok over high heat. Add sliced steak and cook for 30 seconds per side, or until browned. Transfer to a plate.
3. Heat the remaining tablespoon of oil and add the onion; cook for 2-3 minutes, or until tender. Add snap peas, cooked beef and sauce and cook for 1-2 minutes, or until the sauce has thickened.
4. Remove pan from heat and stir in watermelon. Season sauce with salt and pepper, to taste. Serve stir-fry over coconut rice.

Coconut Rice

1 (14.5 oz.) can full-fat coconut milk
1/2 cup water
Pinch salt
1 1/2 cups instant white rice

Bring coconut milk, water and salt in a medium saucepan and bring to a boil. Add rice, cover pan and remove from heat. Let sit 5 minutes, then fluff rice with a fork.

Recipe 3

**Ginger Mojito Melon**

Serves 8

All you need:

¼ cup grapeseed oil (or other neutral flavored oil)

Zest and juice of 2 limes

1 (1-inch) piece fresh ginger, peeled and grated

½ cup lime flavored sparkling water

2 tablespoons white rum (optional)

10 fresh mint leaves, chopped

2 tablespoons sugar

4 cups diced seedless watermelon

3 cups diced cantaloupe

All you do:

1. Whisk oil, lime zest/juice, ginger, sparkling water, rum (if using), mint and sugar in a bowl. Cover and refrigerate until chilled, about 1 hour.
2. Place diced melon in a large bowl. Cover and refrigerate for 30 minutes.
3. Pour dressing over the melon. Serve immediately or keep chilled until ready to serve.