



## Goats Cheese, Melon, Cucumber and Tomato Salad with Fresh Mint and Balsamic Drizzle (v)



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**Prep Time: 10 Mins**

**Cooking Time: None**

**Serves 1 or 2**

### INGREDIENTS:

- Soft Goats Cheese (or Feta Cheese)
- Ripe Tomatoes
- 1 x Ripe Melon (Your choice)
- 1 x Cucumber
- Fresh Mint
- Balsamic Drizzle
- Freshly Ground Black Pepper

### EXTRAS:

Coarse Sea Salt (Optional)

### EQUIPMENT:

- Chopping Board
- Sharp Kitchen Knife (or Kitchen Mandoline)

### CHEAT INGREDIENTS

- No Cheats

### WHY THESE CHEATS?

*"There are no cheats to this dish apart from the shop bought thick Balsamic Drizzle. Most larger supermarkets carry this a part of their vinegar range." - MR HANS*

### METHOD:

All the measures in this recipe can be adjusted to suit tastes. There really are no fixed standards for this dish. The key is to ensure that the Melon and Tomatoes are ripe and that all the ingredients are at room temperature before serving. For best results I use a Galia or Cantaloupe Melon and the Rounded Goats Cheese (with rind), but you can replace this with Feta Cheese if that is your preference. You can add some coarse Sea Salt at the end but be careful not to overpower the dish owing to the saltiness of the cheese.

### HOW TO PREPARE

- Slice the Melon in half and remove all of the seeds and pith. Then cut into slices and remove the skin from each slice
- Cut all of the other ingredients into medium size slices
- Arrange everything on a large plate (similar to the image above)
- Give the dish a good grind of Fresh Black Pepper
- Drizzle some thick Balsamic Vinegar over the dish
- Add some Freshly Chopped Mint (I do not recommend using dried mint)
- The dish is now ready to serve

### TEMPERATURES

Conventional Oven - None

Serve with a chilled glass of Dry White Wine