

Watermelon Rind Salad



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Create this delicious, healthy salad using leftover watermelon rind and common household items.

Ingredients

Watermelon rind from 1/4 of a watermelon

1 tbsp salt

1 tbsp fish sauce

1 large garlic clove, crushed

2 tbsp coriander, chopped

1 lime, juiced

1 chilli, chopped

2 tsp honey

1/2 carrot, grated

1/2 cup green beans, sliced and blanched

2 tbsp roasted peanuts, chopped

Method:

1. Remove the outer dark green skin of the watermelon, and discard. Slice the white and red freshly part of the rind into thin strips.
2. In a bowl, add the sliced rind and salt. Let this marinade for 3-4 hours, turning halfway through.
3. After 4 hours, squeeze out excess liquid and discard.
4. To make the dressing, combine the fish sauce, garlic, coriander, lime, chilli and honey. Toss the dressing with the watermelon rind, carrots, green beans and cashews.