

# Melon and Beetroots Salad with Lime-Orange Dressing

If you have followed this blog for a while, you'll know how much I love colorful dishes. To be honest, sometimes I create a recipe simply based on the color of the ingredients instead of thinking about if all the ingredients match or not. I'm not saying this is the perfect way to try out every dish, but here to make a fruity bowl of salad, you'll never go wrong with it.

Preparation time: **20 min**

Serves **2** people(generously).

|               |  |
|---------------|--|
| 2             | Oranges  |
| 1             | Melon  |
| 1             | Large carrot   |
| 2             | Limes  |
| 1 handful of  | Mixed nuts of your choice, like cashew, walnut etc.        |
| 2 tb.         | Grape vinegar  |
| 25g           | Sprout of your choice, here I use black onion seeds sprout |
| 3             | Figs   |
| 1             | Pomegranate  |
| 1             | Beetroot   |
| 1             | Red onion, pickled   |
| 2 handfuls of | Mixed greens, like arugula, lettuce, etc.                  |
| 3 tb.         | Olive oil  |



## Simple Steps to Succeed

1. Simply cut off the rind of the melon, and dice the flesh inside, you can use different methods that you feel comfortable with. Meanwhile, slice the carrot, dice the beetroot, one of the oranges, cut the figs into wedges, and cut the limes into halves. Carefully remove the seeds out of the pomegranate.
2. To make the dressing, squeeze the juice out of the other orange as well as the limes. Mix well with olive oil and grape vinegar.
3. Combine the fruits, salad dressing, and mixed nuts, sprout pickled red onion and greens all together in a large bowl. Toss everything gently.
4. Serve. Use the halved melon rinds as serving bowls to make it more fun!