

Watermelon ice



14:30
To Prep
0:10
To Cook
8
SERVINGS

Nutrition

Energy 898kJ	Fat saturated 1.00g
Fat Total 2.00g	Carbohydrate sugars 46.00g
Carbohydrate Total 46.00g	Dietary Fibre 3.00g
Protein 2.00g	Cholesterol -
Sodium 10.45mg	

All nutrition values are per serve.

Ingredients

- ☐ 1/2 cup sugar
- ☐ 1/2 cup water
- ☐ 3 teaspoons finely grated ginger
- ☐ 1 watermelon
- ☐ 3 tablespoons mint leaves, finely chopped

Method

1. Combine sugar and water in a small saucepan and stir over low heat until sugar has completely dissolved. Add ginger, bring to the boil, then reduce heat and simmer for 5 minutes. Set aside to cool.
2. Cut all the flesh from the watermelon, chop, then puree in a food processor. Strain the pureed watermelon into a bowl, then strain the cooled syrup into the same bowl. Add the mint and stir until well combined. Pour into a metal dish (like a cake tin), cover with foil.
3. Freeze for 4 hours or until the mix is beginning to firm up around the edges. Stir with a fork to break up the frozen chunks, then cover and freeze for 2 hours. Stir again to break up the ice chunks, then cover and freeze. Leave in the freezer for about 8 hours until evenly frozen.
4. To serve, scrape the ice with the side of a spoon to create shavings. Spoon into serving glasses and serve immediately.