

RECIPE | MELONS



CHILLED CANARY MELON SOUP



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INGREDIENTS

For the soup:

- 1 Pure Flavor® Alonna™ Canary Melon
- 1 Pure Flavor® Long English Cucumber, diced
- 1 cauliflower, chopped
- ½ red onion, thinly sliced
- ⅓ cup frozen mango
- 6 tbsp plain plant-based yogurt, divided
- 1 tbsp olive oil
- 2 tsp lemon juice
- ½ tsp salt

½ tsp garlic powder

- Cayenne pepper, for garnish
- Jalapeno, thinly sliced for garnish

For the basil oil:

- 1 tbsp olive oil
- 1 sprig fresh basil

DIRECTIONS

- 1 To make the basil oil, add basil to a small mason jar. Heat olive oil in a skillet over medium heat until hot, then carefully pour into the mason jar. Set aside to cool.
- 2 For the soup, heat the olive oil in a skillet and sauté the onion until translucent. Add cauliflower and cook for 5 minutes, or until tender. Remove from heat, add mango, and set aside to cool.
- 3 Halve melon and scoop out the seeds. Remove the rind and cut into chunks.
- 4 In a blender, combine the melon, cooked cauliflower & mango, all seasonings, and lemon juice. Blend for 2 minutes.
- 5 Divide the soup among 6 bowls, drizzle with 1 tablespoon of yogurt and evenly divide the cucumbers to place on top.
- 6 Garnish with jalapeno & cayenne pepper, then drizzle with basil oil.



30 min

15 min
PREP.

15 min
COOKING



6



easy