

RECIPE | MELONS



MELON AVOCADO CRUDO



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MELON AVOCADO CRUDO



15 min

10 min
PREP.

5 min
COOKING



4



easy

INGREDIENTS

1 Pure Flavor® Alonna™ Canary Melon
2 avocados, cut into cubes
2 packages oil-packed anchovy fillets
1 lime
1 garlic clove, minced
½ red onion, thinly sliced

¼ cup cilantro, finely chopped
5 tbsp olive oil, divided
1 tbsp ginger, finely grated
1 tsp white wine vinegar
½ tsp crushed red pepper flakes
Salt and pepper, to taste

DIRECTIONS

- 1** To make dressing, heat 1 tablespoon of olive oil over medium-low heat in a small skillet. Stir in the garlic, ginger, anchovy fillets, and red pepper flakes. Cook for 1 minute or until the anchovies are dissolved.
- 2** Remove from heat and transfer to a small bowl. Cool slightly, then add cilantro, vinegar, and the remaining olive oil.
- 3** Cut the lime in half and squeeze the juice from one half into the dressing, whisking to combine. Set aside.
- 4** Halve melon and scoop out the seeds. Cut into quarters, remove the rind, and thinly slice.
- 5** Toss melon and half of the dressing to coat in a large bowl.
- 6** Add avocados, onion, cilantro, and remaining dressing & toss gently.
- 7** Transfer to a serving platter and squeeze the remaining lime juice on top. Season with salt and pepper to taste and serve.