



## RECIPE | MELONS

# MELON AVOCADO CRUDO



10 min  
PREP.



4



easy

15 min

5 min  
COOKING

## 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.

