



RECIPE | MELONS

MELON FENNEL SALAD



10 min
PREP.



2



easy

15 min

5 min
COOKING



INGREDIENTS

Recipe created by *Dalya Rubin*

For the salad:

- 1 Pure Flavor® Solara® Mini Melon
- 6 cloves fresh garlic, thinly sliced
- 2 fennel bulbs, chopped
- 1 small red onion, thinly sliced
- 2 **tbsp** capers
- 2 **tbsp** olive oil
- Fresh mint leaves, optional for garnish
- Hot sauce, optional to serve

For the dressing:

- 2 **tbsp** lime juice
- 2 **tbsp** avocado oil
- 1 **tbsp** honey
- ½ **tsp** fine sea salt
- ¼ **tsp** fresh cracked black pepper
- ¼ **tsp** red pepper flakes



DIRECTIONS

- 1 Halve melon and scoop out the seeds. Remove melon rind and cut into wedges.
- 2 Arrange fennel, melon and red onions on a large serving plate and set aside.
- 3 In a small pan add olive oil and garlic. Cook on medium-low heat until garlic is golden. Add capers to the pan and cook for another 2 minutes until capers are crispy.
- 4 Transfer capers and garlic from the pan to a paper towel-lined plate and set aside to cool.
- 5 In a medium bowl, whisk together all the dressing ingredients.
- 6 Add fried capers and garlic to the serving platter and drizzle with dressing.
- 7 Garnish with mint and drizzle with hot sauce if desired.