

RECIPE | MELONS



MELON SHRIMP FRISÉE BOWL



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INGREDIENTS

For the salad:

- 2** Pure Flavor® Solara® Melons
- 1 ½ lb** large shrimp, peeled & deveined
- 1 cup** dry white wine
- 1** small head of frisée, chopped
- 2** small fennel bulbs, thinly sliced
- 1** small leek, sliced
- 1** orange, juiced
- 3** garlic cloves
- 1 tsp** fennel seeds
- 1 tsp** coriander seeds
- 1 tsp** black peppercorns

For the dressing:

- 3 tbsp** olive oil
- 1 tbsp** white balsamic vinegar
- 1 tbsp** chopped tarragon
- Salt, to taste

DIRECTIONS

- 1** In a large saucepan on medium heat, add fennel, leek, garlic, fennel seeds, coriander seeds, peppercorns, orange juice and white wine, cook until tender. Add shrimp and cook until they become pink.
- 2** In a small bowl, combine all dressing ingredients and set aside.
- 3** Halve melons and scoop out the seeds. Using a melon baller or spoon, scoop out flesh, and set melon bowls aside.
- 4** Chop melons and place in a separate small bowl. Combine all ingredients, drizzle with dressing, and toss well. Transfer salad mixture and shrimp to melon bowls for serving. Garnish as desired.



20 min

10 min | **10 min**
PREP. | COOKING



4



easy