



RECIPE | MELONS

MELON SHRIMP FRISÉE BOWL



10 min
PREP.



4



easy

20 min

10 min
COOKING

INGREDIENTS

For the salad:

- 2 Pure Flavor® Solara® Melons
- 1½ 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.