

RECIPE | MELONS

MAPLE LIME MELON NOODLE BOWL



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17 min

15 min
PREP.

2 min
COOKING



2



easy

INGREDIENTS

2 Pure Flavor® Alonna™ Canary Melons, divided
2 limes, divided
1 ear corn
1 cup edamame, cooked
¼ cup feta cheese, crumbled
2 tbsp maple syrup

2 tbsp fresh basil, sliced
1 tbsp fresh mint, sliced
1 tsp olive oil
Sea salt, to taste
Thai red chili, sliced for garnish

DIRECTIONS

- 1 Halve melons and scoop out the seeds. Remove the rinds.
- 2 Make noodles out of one melon using a spiralizer tool. Cut the remaining melon into cubes. Set aside.
- 3 In a non-stick pan, over medium-high heat, char corn, turning constantly for approximately 2 minutes. Set aside to cool.
- 4 Divide the spiralized & cubed melon, edamame, feta, basil, and mint between 2 bowls.
- 5 Using a sharp knife cut the kernels off the corn and divide them between the bowls.
- 6 In a mixing bowl, combine the maple syrup, juice from 1 lime, and a pinch of salt, then divide and drizzle between the bowls.
- 7 Slice the remaining lime into wedges. Garnish with Thai red chili and lime wedges.