



## RECIPE | MELONS

# ROASTED MELON & ONION WITH PANEER



40 min

10 min  
PREP.

30 min  
COOKING



5



easy

## INGREDIENTS

1 Pure Flavor® Alonna™ Canary Melon  
6 sprigs fresh thyme  
1 red onion, cut into wedges  
6 oz paneer cheese, sliced  
¼ cup pumpkin seeds  
3 tbsp olive oil  
1½ tbsp honey  
Salt & pepper, to taste



## DIRECTIONS

- 1 Preheat the oven to 350°F.
- 2 Halve the melon and scoop out the seeds. Remove the rind and cut into thick wedges.
- 3 Combine the melon, red onion, and thyme in a 9 x 13 baking dish. Season with salt & pepper to taste. Drizzle with olive oil and honey.
- 4 Bake for 15 minutes, then flip the melon & onions. Bake for another 15 minutes, or until they are browned and caramelized. Remove from the oven.
- 5 While melon & onion bake, heat a non-stick skillet over medium-high. Add slices of paneer and cook for 1-2 minutes on each side, until browned and soft.
- 6 Add pumpkin seeds to the pan and toss.
- 7 To serve, mix all together in a large bowl.

[PURE-FLAVOR.COM](http://PURE-FLAVOR.COM)

