

RECIPE | CUCUMBERS



SAVORY CUCUMBER & PEACH SALAD



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INGREDIENTS

1 lb. Pure Flavor® Poco Bites® Cocktail Cucumbers	1 tsp sesame seeds
4 medium peaches	½ tsp coriander seeds
1 avocado, cut into 1" pieces	½ tsp cumin seeds
⅓ cup pumpkin seeds	1 cardamom pod
¼ cup olive oil	1 whole clove
3 tbsp finely chopped parsley	1 Thai chili pepper, finely diced
3 tbsp finely chopped cilantro	1 garlic clove, finely grated
3 tbsp (or more) fresh lemon juice	Kosher salt

DIRECTIONS

1. Toast cardamom, clove, coriander and cumin in a dry small skillet over medium heat, tossing occasionally, until fragrant – about 2 minutes. Remove seeds from cardamom pod and discard the pod. Finely grind seeds along with other spices in a spice mill or with mortar and pestle. Mix in a large bowl with chili, garlic, parsley, chopped cilantro, lemon juice and ¼ cup of olive oil. Season with salt. Add cucumbers and toss. Let sit for 5 minutes.
2. Add peaches, avocado and half of the pumpkin seeds to cucumber mixture and season generously with salt. Toss to coat. Taste and adjust seasoning with more salt and/or lemon juice.
3. Serve topped with sesame seeds, cilantro leaves and remaining pumpkin seeds.



TOTAL TIME

15 minutes

PREP TIME

13 minutes

COOK TIME

2 minutes

SERVES

6

COOKING LEVEL

Easy