



RECIPE | MELONS

# SPICY SHRIMP & MELON BOWL



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Recipe created by Heather England



## INGREDIENTS

1 Pure Flavor® Alonna™ Canary Melon  
1 lime, juiced  
1 lb shrimp, peeled & deveined  
1 ¼ cup brown rice, cooked  
¼ cup plain Greek yogurt  
¼ cup salsa verde  
½ cup Pico de Gallo  
¼ cup cilantro

1 tbsp avocado oil  
2 tsp chili powder  
2 tsp cumin  
2 tsp granulated garlic  
Salt & pepper, to taste  
Microgreens, for garnish

## DIRECTIONS

- 1 In a medium bowl, mix together shrimp, chili powder, cumin, garlic, salt & pepper.
- 2 Heat a large skillet over medium-high heat and add oil. Add in shrimp and sear on each side for 2 minutes.
- 3 Halve the melon, scoop out the seeds, and dice into small cubes.
- 4 In a small bowl, whisk yogurt, salsa & lime juice.
- 5 Add rice to a serving bowl. Top with melon, shrimp, Pico de Gallo, and cilantro.
- 6 Garnish with microgreens & serve with salsa verde yogurt sauce.



20 min

15 min  
PREP.

5 min  
COOKING



2



easy