



RECIPE | MELONS

SWEET & SAVORY MELON SALAD



PURE-FLAVOR.COM

SWEET & SAVORY MELON SALAD

Recipe created by *Yasmin Benhan*



INGREDIENTS

- 1 Pure Flavor® Amora™ Charentais Melon
- 1 fresh lime
- 1 small jalapeno, diced
- 2 cups arugula
- ½ cup feta, crumbled
- ½ cup pecans, halved
- ¼ cup honey
- 2 tbsp fresh cilantro, chopped
- 2 tbsp fresh mint, chopped
- 2 tbsp pumpkin seeds

DIRECTIONS

- 1 Halve melon and scoop out the seeds. Using a melon baller or spoon, scoop out flesh and set melon bowls aside.
- 2 In a small saucepan, add honey, jalapenos, & pecans and simmer over low heat for about 10 minutes.
- 3 Remove from heat and spread out on baking sheet to cool.
- 4 Assemble salad in melon bowls by layering arugula, melon balls, mint, and cilantro. Top with fresh lime juice, feta, and pecans.
- 5 Garnish with pumpkin seeds to serve.



20 min

10 min
PREP.

10 min
COOKING



4



easy