

Charentais Melon with Spiced Quinoa, Yogurt, and Pistachio



Serves: 2



Cooking Time: 45 minutes



Level: Easy



INGREDIENTS

1 3/4 cups water
6 green cardamom pods, lightly crushed
1 cinnamon stick
1 cup quinoa, rinsed
1 tablespoon unsalted butter
Salt
1/8 teaspoon orange flower water
1 Charentais melon, halved, seeds scooped out
1 seven-ounce container of Greek yogurt
1/4 cup roasted pistachios, shelled and crushed
1 handful mint leaves
Honey

PREPARATION

1. In a small pot, bring the water to a boil. Add cardamom pods, cinnamon stick, and quinoa. Simmer and cover for 10-20 minutes until tender. Once it's finished cooking, fluff the quinoa with a fork and toss in the butter and a pinch of salt. Stir in orange flower water.
2. Stuff the melons: Fill the hollowed-out melon halves with quinoa. Top the quinoa with a good dollop of Greek yogurt. Sprinkle with pistachios and mint leaves. Drizzle with honey and enjoy!