

RECIPE

Mango Salsa



NOURISH
FOOD SCHOOL



FareShare
North East

RECIPE

Mango Salsa

MAKES
6-8 servings

LEVEL
Easy

TIME
20 minutes

INGREDIENTS

1 fresh mango
1 red chilli
1/2 red onion (or 1 spring onion)
a small bunch of fresh coriander
juice of 1 lime
a pinch of salt

HOW TO MAKE IT

1. Prepare the mango by cutting the sides off around the big pip/stone in the centre. Chop the mango into small diced pieces about half a centimetre wide and put into a bowl.
2. Peel and finely dice the onion then add to the bowl.
3. Finely chop the red chilli and the coriander and add to the bowl.
4. Add the juice of 1 lime and a pinch of salt and mix together.
5. Leave to one side until ready to use.

Serve the salsa as a side dish, to top off tacos or mixed into a salad.

INGREDIENT SWAPS	STORE IT
SWAP mango FOR any juicy fruit like pineapple, plums, peaches	Keep in the fridge for 3 days
SWAP fresh coriander FOR fragrant herb, such as mint	USE IT DIFFERENTLY
SWAP fresh chillies FOR dried chilli flakes	Blend it too create a Mango Chilli salad dressing or dipping sauce