

## Avocado and Mango Salad

Serves: 1

Prep time: 8 Minutes

Cooking time: Nil

### Ingredients:

- ½ avocado, cubed
- ½ mango, cubed
- 2 tablespoons lime juice
- 1 small handful salad greens
- 1 tablespoon chopped coriander
- 1 tablespoon chopped red onion
- 2 cherry tomatoes, halved
- 1 green shallot, sliced
- ¼ red chilli, sliced **\*optional**

### Dressing optional

- 1 tablespoon mayonnaise
- ½ tablespoon mango chutney
- 1 tablespoon lime juice
- 1 teaspoon honey
- 1 teaspoon grated ginger
- ½ teaspoon grated garlic
- pinch ground cumin
- pinch paprika



*A Refreshing Summer Salad*

### Method:

- Mix the avocado, mango and lime juice together, to prevent browning
- Mix the dressing ingredients together till smooth
- Place the salad greens on serving plate
- Top with remaining ingredients
- Drizzle the dressing over the salad if required
- Serve with fish, beef, chicken or prawns