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by Shy

Mango Salsa



Ingredients

FOR THE SALAD

2 chopped semi ripe mangoes
1 red onion – sliced lengthwise
1 small cucumber – finely chopped
1 small green bell pepper – chopped finely
1 small Thai red chilli – chopped finely
Handful of chopped coriander

FOR THE DRESSING

Juice of 1 lemon – squeezed
1 tsp Thai fish sauce
Salt and pepper to taste

Preparation

- 1 Toss all the cut ingredients together.
- 2 Add the dressing just before serving and enjoy!

Cooks Note

The past few weeks has seen a lot of Thai cooking in my kitchen.

Pad Thai...Green and Red curries...Jasmine rice...Tom Yum soup and the list just goes...

I was looking for something fruity and refreshing to accompany a Green curry that I had made.

That's when the mangoes decided to do the 'Salsa' – a riot of flavours...delicious, colourful and healthy.

I could even eat this as a salad anytime!

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