

WHO DARES SLIMS - RECIPE

Chunky Mango Salad (Vegan!)



Tips

Makes ~3 portions

Goes beautifully with fishcakes or you can add prawns to make it a main meal!

Ingredients

- Half a red onion
- 1 cucumber
- 1 ripe mango
- 1 lime
- 1 red chilli
- 1 sprigg of mint
- A handful of fresh coriander

Preparation

1. First you need to prep your veg: Peel and deseed the cucumber, slice the red onion thinly and cube the mango.
2. Then you can add all the ingredients into a serving bowl and dress with finely chopped mint and coriander leaves.
3. Add the desired amount of spice by adding very finely chopped chilli.
4. Season with a squeeze of fresh lime, some salt and pepper.
5. Enjoy on a warm summers day!