



Mango and Cucumber Salad w/Chili Lime Dressing

Ingredients

Salad:

- 2 ripe mangoes, peeled and diced
- 1 avocado, peeled, pitted and diced
- 1/2 small red onion, finely sliced
- 1 small persian or english cucumber, halved lengthways, then sliced (I don't peel it)
- 1 cup (30 g) coriander (cilantro) leaves, roughly chopped

Dressing:

- 3 tbsp sweet chilli sauce
- Juice of 2 limes
- 1 tbsp olive oil
- 1 tsp honey or maple syrup
- 1/2 tsp freshly grated ginger
- Sea salt flakes, to taste
- Cracked black pepper, to taste

1. Make the dressing

In a small bowl, whisk together the sweet chilli sauce, lime juice, olive oil, honey and ginger until well combined. Season with salt and pepper to taste.

2. Assemble the salad

In a shallow serving bowl, layer the mango, cucumber, avocado, red onion and coriander in that order.

3. Dress the salad

Drizzle the sweet chilli lime dressing over the salad, then sprinkle with the crushed peanuts. I like to toss it gently just before serving – it looks visually gorgeous layered with the dressing on top.

Equipment

- Cutting Board
- Chef Knife
- Medium Bowl or Shallow serving dish
- Small Bowl
- Measuring Spoons
- Whisk
- Salad Tongs for tossing and serving