

Printable Format

To print this page, use your browser's "print" button. Then click "back" to return to the site.



RACKS Recipes: Soups/ Salads

Green Mango Salad

Choose unripe, firm, green-skinned mangoes for this salad

- 1/3 cup chopped cashews or peanuts
- 2 unripe mangoes
- 1/3 cup each chopped fresh coriander & mint
- 2 tbsp lime juice
- 4 tsp sugar
- 1 tbsp vegetable oil
- 1/4 tsp Asian chili sauce or hot pepper sauce
- 1 sweet red pepper, thinly sliced
- 1 cup thinly sliced red onion

1. Toast cashews in skillet or oven until golden.
2. Cut pointy end off mangoes, set on cut end; use serrated knife & cut off peel; cut flesh into thin slices.
3. In bowl, whisk together coriander, mint, lime juice, sugar, oil, and chili sauce.
4. Add mangoes, red pepper, and onion.
5. Toss & refrigerate

Use "A Taste of THAI" Sweet chili sauce found in Zehrs near the ethnic foods.
Chop the coriander & mint in a coffee grinder-works great!
Double the recipe &.

ENJOY!