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## RACKS Recipes: Salads

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### Grilled Potatoe and Mango Salad

A sweet, succulent and refreshing salad.

**1 sweet potato, peeled**  
**1 large mango, skin removed**

***For the dressing:***

**3 Tbsp olive oil**  
**4 Tbsp fresh mint, chopped**  
**Juice of 1 lime**  
**1 tsp grated lime rind**  
**1 Tbsp rice wine vinegar**  
**½ tsp extra-fine sugar**  
**Sea salt and pepper, to taste**

**1 head Bibb or Boston (round) lettuce**  
**½ cup (10g) fresh mint**

Preheat the grill or grill pan to medium.

Chop both the sweet potato and mango flesh into long wedges, about  $\frac{3}{4}$ -in (2cm) wide,  $\frac{1}{2}$ -in (1 cm) thick. Place in separate dishes.

Combine the dressing ingredients in a small bowl and pour half over the mango and potato.

With tongs in hand, arrange sweet potato wedges directly over the grill and leave for 6-8 minutes, until grill marks appear and the bottom sides begin to soften. Turn and grill the other side for a further 6 minutes. While the other sides are cooking, arrange the mango wedges directly on the grill. Grill for about 2-3 minutes on each side. Transfer all the wedges to a cutting board and cut into cubes. Place them in a bowl and toss with the remaining dressing.

Arrange lettuce leaves on salad plates. Scatter the sweet potato and mango over the lettuce and add a sprinkling of sea salt and finely sliced mint.

Serves 4-6.