

Long Livo

Mango Salad Recipe

A bright, refreshing mango salad perfect for warm days or quick bites.

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**Thai** Cuisine	**Salad** Course

Ingredients

Main Ingredients

- [ ] 2 ripe mangoes, diced
- [ ] 1 cucumber, halved and sliced
- [ ] 1 red bell pepper, thinly sliced
- [ ] 1/4 cup fresh mint leaves, torn
- [ ] 2 tbsp fresh lime juice
- [ ] 1 tbsp honey (or maple syrup)
- [ ] Pinch of sea salt

Optional Add-Ons

- [ ] 1 avocado, diced
- [ ] 1 tbsp toasted sesame seeds
- [ ] A handful of toasted peanuts, chopped

Instructions

1. Peel the mangoes and cut the flesh into bite-size cubes; place in a large bowl.
2. Slice the cucumber and bell pepper, then add to the mango.
3. In a small cup whisk together lime juice, honey, and sea salt until smooth.
4. Pour the dressing over the fruit and vegetables, toss gently to coat.
5. Scatter torn mint leaves on top; add any optional add-ons you like.
6. Serve immediately or chill for a short while; enjoy the fresh flavors.

Nutrition per serving

180 kcal	2 g	38 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mangoes are very sweet, reduce the honey slightly.
- For extra crunch, add a handful of toasted pumpkin seeds.
- The salad is best served chilled, but avoid letting it sit too long or the vegetables may wilt.