

GREEN MANGO SALAD

What to do with an unripe mango - a fresh tasting salad with Thai flavours



1/2 unripe mango
1/4 of a small cabbage - finely shredded
1 spring onion – finely sliced
20g cashew nuts
3 tbsp mixed herbs – mint, parsley, coriander or basil
2 tsp lime juice
1 tsp fish sauce
1 tsp soft brown sugar
1 tsp chilli sauce

Peel the skin off the mango and slice by cutting diagonally down to the stone, then slicing vertically across the cuts to make matchstick strips. Mix with the cabbage, spring onion & herbs.

Heat a little oil in a small pan and brown the cashews, drain on kitchen paper and allow to cool, then crush in to chunky pieces.

Mix the dressing ingredients together and toss into the salad. Sprinkle over the cashew pieces before serving.

Per serving 81Kcal, 1.6g Protein, 0.6g Fat (0.1g saturated), 19.3g Carbs, 15.7g Sugar, 389mg salt

Hints, Tips and Variations

- ◆ *Wheat , gluten & dairy free*
- ◆ *You could use beansprouts instead of cabbage for this dish.*
- ◆ *If you don't have cashew nuts, use almonds instead - blanched or flaked.*
- ◆ *If you have a really rock hard mango, peel and grate coarsely - the less ripe the mango, the lighter the flavour.*