

NUTRIENT RICH MANGO SALAD (for 2 persons)

Ingredients :

- 1 medium sized mango (200-225gm)
- 1 Cucumber
- 1 tomato
- 1 onion
- Matki (100gms)
- Tender coconut pieces
- 1 Green chilli
- Pink salt or rock salt
- Lemon – ½

PROCESS ;

Wash the mango by keeping it in water with turmeric powder and rock salt or baking soda for about 5 minutes to wash out the wax, if any. If purchase from Mango World, you can just wash it with water.

Cut the mango into small pieces with skin and put it in a bowl. The cut the cucumber, tomato and onion into small pieces and put them in the bowl. Add steamed matki and sliced tender coconut pieces. Cut the green chilli into small pieces and add with salt and lemon squeeze.

For Topping :

Take a few strawberries (or red capsicum) and 1 tomato. Cut them and put them in the mixer. Add salt, lime and 1 tbsp of peanut butter and also seeds like watermelon seeds or pumpkin seeds. Grind into thick paste. Put the paste on top of the salad mixture.

Your nutrient rich salad is ready. Enjoy the full benefit of a mango.