

Red Pepper Mango Salad / Salsa

Ingredients

2 ripe mangos
½ large red onion, chopped finely
3-4 Tbsp fresh cilantro, chopped finely
3 Tbsp lime juice
1 tsp red pepper flakes
1 tsp cayenne pepper or paprika(optional)
Salt and pepper (optional)

Directions

1. Peel, pit and dice mangos. If your mango's are too ripe you will find brown sections in the fruit, cut around these sections.
2. Chop red onion and cilantro finely, the finer the chop the nicer the salad
3. Finally add all ingredients together. At this point if you wish add some cayenne pepper or paprika and a bit of salt and pepper if you want to give your salad a little bit of a kick
4. Cover salad with cling wrap and refrigerate for at least one hour before serving

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