

Choco Fever Dream

Mango Salad

Fresh mango tossed with crisp vegetables and a tangy lime dressing for a refreshing snack.

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

Ingredients

Salad

- [ ] 2 ripe mangoes, peeled and cubed
- [ ] 1 cucumber, thinly sliced
- [ ] 1 red bell pepper, diced
- [ ] 1/4 cup fresh mint leaves, torn

Dressing

- [ ] 3 tbsp fresh lime juice
- [ ] 2 tsp honey (or agave)
- [ ] 1/2 tsp sea salt

Instructions

1. Peel the mangoes, cut the flesh away from the pit, then cube it gently.
2. Slice the cucumber into thin rounds, then halve them; dice the red bell pepper into bite-size pieces.
3. In a small bowl, whisk together lime juice, honey, and sea salt until the honey dissolves.
4. Combine mango, cucumber, and bell pepper in a large mixing bowl; pour the dressing over and toss lightly.
5. Sprinkle torn mint leaves on top and give one final gentle toss.

Nutrition per serving

180 kcal	2 g	44 g	2 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mango is very sweet, reduce the honey slightly.
- Pat cucumber slices with a paper towel to remove excess moisture.
- For extra crunch, sprinkle toasted sesame seeds just before serving.