

Mango & Avocado Salsa

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For a deliciously refreshing summer salad to accompany barbecued chicken or fish try this mango and avocado combination - a sure winner for all those mango lovers out there. **Ingredients:**

1 lge Avocado (Hass)

1 Slightly green mango

½ Spanish (Red) onion

1 Red Capsicum

1 tbsp Fresh lime juice

1 tbsp Red wine vinegar

1 tbsp Olive oil

2 tspn Sesame & Ginger dressing

2 tbsp Fresh mint

Salt & Hot sauce (Tabasco or Peri-Peri) **Method:** Pit and dice avocado & mango

Finely chop onion, capsicum and mint

Combine above ingredients adding lime juice, vinegar and oil

Slowly add salt and hot sauce to taste

Cover and let stand at room temperature for at least 30 minutes to infuse flavours

Drizzle with Sesame & Ginger dressing

Serve chilled or room temperature with chicken or fish. (Serves 4)

Preparation time: 40 mins

Cooking time: 10 mins