

Spicy Indian mango salad, lime zest and fresh cilantro - Virtual Workshop Version

Recipe for 2 portions

Description

A delicious yellow mango salad, spiced up with jalapeno and a little lime.

Note

If you enjoy eating spicy, feel free to replace the jalapeno with the hot pepper of your choosing or your favorite hot sauce.

Ingredients

Mango salad

- 1 Unit(s) Yellow mango
- 1 Unit(s) Lime
- 4 Sprig(s) Fresh cilantro
- 1 Unit(s) Jalapeno pepper
- 1 Unit(s) Green onion

- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **15 mins**

Things to do before the workshop

Ingredients

Wash the vegetables, the herbs and the mango.

Equipment list

1 cutting board, 1 chef knife, 1 paring knife
1 mixing bowl
1 lemon juicer
1 zest grater
Kitchen towels, tablespoons (tasting)
1 large spoon

Preparation to do with the chef

Finally slice the green onion and the cilantro leaves.

Cut the mango and jalapeno into small stripes.

Squeeze the lime and set the juice aside.

Salad

Mix all the salad ingredients in a bowl, add a tablespoon of vegetable oil, a pinch of salt and pepper.

Bon appétit!