

Zucchini Bread Recipes

Mango Salad – Fresh, Healthy Summer Dish

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

Ingredients

Main Ingredients

- [ ] 2 ripe mangoes, peeled and cubed
- [ ] 1 large cucumber, thinly sliced
- [ ] 1 red bell pepper, julienned
- [ ] 1/4 cup fresh mint leaves, torn
- [ ] 2 tbsp toasted peanuts, chopped

Dressing

- [ ] 3 tbsp fresh lime juice
- [ ] 1 tbsp honey
- [ ] 1 tsp lime zest
- [ ] 1/2 tsp sea salt
- [ ] 1 tbsp olive oil

Instructions

1. Wash all vegetables, then slice cucumber and julienne the red bell pepper.



2. Peel the mangoes, cut the flesh into bite-size cubes, and set aside.



3. In a small bowl, whisk together lime juice, honey, lime zest, sea salt, and olive oil until smooth.



4. Place mango, cucumber, and bell pepper in a large bowl; drizzle the dressing over and toss gently.

5 Top with mint leaves and toasted peanuts; serve immediately.



Nutrition per serving

210 kcal	3 g	30 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mango is very sweet, reduce the honey slightly.
- Pat cucumber slices dry to prevent a watery salad.
- Add a pinch of chili flakes for a subtle heat.