



bit spicy

Green mango salad

This is a really light and refreshing accompaniment to any South East Asian dish. Eat it while it is really fresh, then serve the leftovers as a tangy pickle. Green mango tastes quite like a really tart apple, so play around with the ingredients (green mango might not be available in every supermarket!) - a green apple with white cabbage would be a good combination. The dressing will work with lots of combinations! Try edamame beans with french beans and a red pepper, or red onion and radish.

serves 4 as a side dish

- 1 green mango, peeled and grated (a mandoline or food processor will give slightly larger pieces than a cheese grater)
- 2 spring onions, finely chopped
- 100g green vegetables such as beans, broccoli or mange tout, finely sliced
- 1 red pepper or mild chilli, finely sliced
- 1 tbsp sesame oil
- 2 tbsp soy sauce
- 2-3 tbsp lime juice (adjust to taste)
- 1 tbsp brown sugar (or even maple syrup)

Place all the vegetables in a bowl. Combine the dressing ingredients and pour over. Add a little black pepper if desired. Serve straight away, or leave to marinate and soften.

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