

Treasure Barrel

Mango Salad – Fresh and Easy Recipe

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

Ingredients

Main Ingredients

- [ ] 2 ripe mangoes, peeled and diced
- [ ] 1 large English cucumber, thinly sliced
- [ ] 1 red bell pepper, thinly sliced
- [ ] 1/4 cup fresh mint leaves, torn
- [ ] 2 cups mixed baby greens

Dressing

- [ ] 3 tbsp fresh lime juice
- [ ] 1 tbsp honey
- [ ] 1 tsp finely grated ginger
- [ ] 2 tbsp extra-virgin olive oil
- [ ] Pinch of sea salt

Instructions

1. Slice the cucumber and bell pepper, then place them in a large bowl; the crisp snap will set the base.
2. Dice the mangoes into bite-size pieces; their sweet juices will begin to mingle with the veggies.
3. Whisk together lime juice, honey, grated ginger, olive oil, and a pinch of salt; let the dressing sit for a minute so the flavors meld.
4. Add the mango, cucumber, and bell pepper to the bowl, drizzle the dressing, and toss gently; finish with torn mint leaves.
5. Lay the mixed greens on a serving platter, spoon the fruit-veggie mixture over them, and serve immediately for peak freshness.

Nutrition per serving

210 kcal	3 g	30 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mango is very juicy, drizzle the dressing lightly to avoid a soggy salad.
- Pat cucumber slices with a paper towel to remove excess moisture.
- For extra zing, add a small pinch of chili flakes to the dressing.