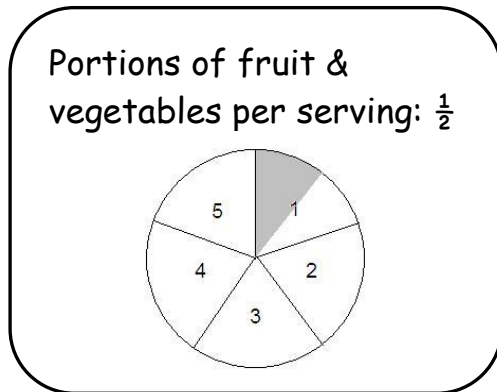


Avocado & Mango Salsa

Serves 6 (Makes 375ml)



Allergen information:
Allergens are in bold.
 Contains cereals
 containing gluten
 May contain sulphur
 dioxide

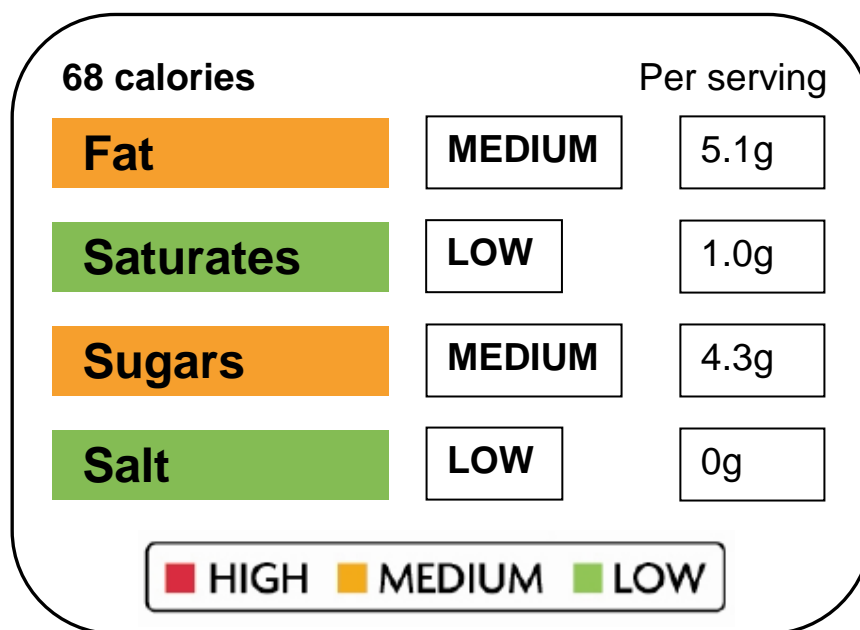
Ingredients	Amount	Preparation
mango	1 medium	stoned & finely diced
avocado	1 medium	stoned & finely diced
red onion	$\frac{1}{2}$ medium	finely chopped
red chilli	1 small	deseeded & finely chopped
lime juice	1 tablespoon	
malt/balsamic vinegar	1 tablespoon	
olive oil	1 tablespoon	
fresh/dried mint	2 tablespoons fresh or 1 teaspoon dried	finely chopped if fresh
fresh coriander	2 tablespoons	finely chopped
tabasco sauce (optional)	few drops	

Please Turn Over



Method

- 1 Combine the mango, avocado, onion, chilli, lime juice, vinegar, oil, mint and coriander in a bowl.
- 2 Add the Tabasco sauce to taste if using.
- 3 Cover and leave to stand for 30 minutes at room temperature to allow the flavours to blend.
- 4 Serve chilled or at room temperature.



Handy Hints

- Try using as a dip with pitta bread, tortilla chips or salad sticks (e.g. carrot, celery, peppers).
- The mango should not be over-ripe.
- Try serving as an accompaniment with a main meal.

