



Refreshing Mango Salad Recipe

Introduction

Delight your taste buds with this refreshing mango salad, a perfect blend of sweet, spicy, and herbaceous flavors. This colorful dish is not only visually appealing but also packed with nutrition, making it an ideal choice for a light lunch or a vibrant side dish at any gathering. With fresh mangos and aromatic herbs, this salad is sure to impress your family and friends.

Detailed Ingredients with measures

3 medium or 2 large ripe mangos, peeled and sliced into strips
1 red bell pepper, stemmed, seeded, and sliced into thin strips

¼ medium red onion, very thinly sliced
1 jalapeño pepper, thinly sliced
2 cups mixed fresh basil and mint leaves, reserve some for garnish
½ cup chopped, toasted peanuts, reserve some for garnish

Prep Time

15 minutes

Cook Time, Total Time, Yield

Cook Time: 0 minutes
Total Time: 15 minutes
Yield: Serves 4

To make this mango salad, simply toss together the sliced ingredients, prepare a zesty dressing, and combine everything for a refreshing dish that will transport you to a tropical paradise! Enjoy every bite of this delicious recipe from Love and Lemons.

Detailed Directions and Instructions

Step 1: Prepare the Vegetables and Fruits

In a large bowl, combine the sliced mango, red bell pepper, red onion, and jalapeño pepper. Gently toss the ingredients together until evenly mixed.

Step 2: Make the Dressing

In a small bowl, whisk together the fresh lime juice, avocado oil, tamari,

honey (or agave nectar), grated ginger, and sea salt until the mixture is smooth and well combined.

Step 3: Combine Dressing with Salad

Drizzle the dressing over the mango salad in the large bowl. Toss the salad gently to ensure that the dressing coats all of the ingredients evenly.

See also [Apple Fritter Bites](#)

Step 4: Add Herbs and Peanuts

Fold in the mixed fresh basil and mint leaves along with the chopped, toasted peanuts. Toss the salad gently to incorporate these ingredients.

Step 5: Season and Garnish

Taste the salad and adjust the seasoning, if necessary. Garnish with the reserved herbs and peanuts on top. Serve immediately for the best flavor and texture.

Notes

Note 1: Mango Ripeness

Ensure the mangos are ripe but firm for the best texture and flavor. They should yield slightly to pressure when squeezed.

Note 2: Spice Level

Adjust the amount of jalapeño according to your spice preference. You can omit it altogether for a milder salad.

Note 3: Nut Substitution

If you have nut allergies, consider replacing peanuts with sunflower seeds or pumpkin seeds for a crunch without the nuts.

Note 4: Herb Variations

Feel free to experiment with different herbs, such as cilantro or parsley, if desired.

Note 5: Serving Suggestions

This mango salad makes a delightful side dish or a refreshing main course when paired with grilled proteins.



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Cook techniques

Chopping and Slicing

For this salad, it's important to slice the mango, bell pepper, onion, and jalapeño into thin strips to ensure even distribution of flavors and a pleasant texture in each bite.

Tossing Ingredients

Gently toss the mango, red pepper, onion, and jalapeño together in a large bowl. This technique helps to mix the ingredients without bruising the delicate mango.

Whisking Dressing

Combine the dressing ingredients in a small bowl and whisk until well blended. This technique ensures that the oil, lime juice, and other components emulsify properly, creating a cohesive dressing.

See also [One Pot Mexican Rice Casserole](#)

Garnishing

Reserve some herbs and peanuts for garnish. This adds an appealing visual element and enhances the flavor on top of the salad.

Seasoning to Taste

After tossing the salad, taste and adjust the seasoning as needed. This final touch ensures that the flavors are balanced according to your preference.

FAQ

Can I use other fruits in this salad?

Yes, you can substitute or add other fruits like avocado, papaya, or pineapple for variety and added flavors.

What can I use instead of tamari?

If you need a substitute for tamari, you can use soy sauce or coconut aminos, depending on your dietary preferences.

How do I store leftover mango salad?

Store any leftovers in an airtight container in the refrigerator for up to 1 day. The fresh herbs may wilt, so enjoy it as soon as possible for the best quality.

Can I make this salad ahead of time?

While the salad is best served immediately, you can prep the ingredients in advance and combine them just before serving to maintain freshness.

Is this salad vegan-friendly?

Yes, this mango salad is vegan as it contains no animal products.

Conclusion

This Mango Salad is a vibrant and refreshing dish, perfect for warm weather gatherings or as a light meal. The combination of ripe mangos, crunchy vegetables, and aromatic herbs creates a delightful mix of

flavors and textures. The zesty dressing enhances the sweetness of the fruits while adding a savory depth with the tamari and ginger. It's a wonderfully versatile salad that can be enjoyed on its own or as a side dish.

See also Poppy Seed Chicken Casserole

More recipes suggestions and combination

Mango Avocado Salad

Combine ripe mangos with creamy avocado, fresh lime juice, and a sprinkle of cilantro for a tropical twist.

Spicy Mango Salsa

Mix diced mango with tomatoes, red onion, jalapeño, and lime juice for a zesty salsa that pairs perfectly with grilled fish or tortilla chips.

Mango and Quinoa Salad

Add cooked quinoa, black beans, and corn to the mango salad for a filling, protein-packed dish that's ideal for meal prep.

Mango and Coconut Chia Pudding

Layer chia pudding made with coconut milk and sweetened with honey, topped with mango slices for a healthy dessert or breakfast option.

Sweet and Spicy Peanut Butter Mango Toast

Spread a layer of peanut butter on whole grain toast, top with sliced mango, and drizzle with honey and chili flakes for a unique snack.

Mango and Chicken Lettuce Wraps

Combine shredded chicken, diced mango, bell peppers, and a light dressing, served in crisp lettuce leaves for a low-carb meal.



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