

Thai Green Mango Salad

Serves 4

Ingredients

Salad 4 cups julienned green mangoes (honestly? I blitzed them in my thermomix so they were kind of grated/shredded – I don't have the patience for julienning...)
2 cups shredded carrots (yup, thermomix again)
2 red chillies, sliced thinly or to taste (ok, I did them by hand...)

Dressing 3 tbs lime juice
3 tbs maple syrup
1 tbs fish sauce
1 tbsp organic Tamari

Garnish ½ cup chopped fresh cilantro
½ cup chopped fresh basil
1/3 – ½ cup chopped almonds (healthier than peanuts but I leave that to you)

Method

1. Whisk together the dressing ingredients in a large mixing bowl.
2. Add the salad ingredients and toss well.
3. Leave to marinade for 15-20 minutes (truthfully, I did not do this. I just made the salad, tossed it and served it, so if you are short of time, don't worry! It was yummy!)
4. Top with herbs and almonds and toss to serve.