



Recipe Name: MANGO SALAD WITH CILANTRO

Ingredients: serves 4

2	Mangos (ripe)
2	Limes
1	Carrot
1	Bell pepper (red)
1 cup	Arugula
1	Chili pepper (red)
1 Tbsp.	Soy sauce
1 Tbsp.	Sugar
3 Tbsp.	Oil (peanut)
½ cup	Peanuts (roasted and salted)
1 bunch	Cilantro
1 pinch	Salt

Steps to follow:

Finely grate the peel of one lime, squeeze the lime juice of the two fruits, remove seeds from the chili pepper and chop finely. Stir the chili pepper together with the lime juice and peel, soy sauce and sugar until the sugar is dissolved completely. Mix together with the oil and season with salt.

Peel the mangos, remove the core and cut into slices. Clean the bell pepper, remove the seeds and also cut into thin slices. Peel the carrot and grate coarsely. Clean and wash the arugula and drain.

Mix all the salad ingredients together with the chopped fresh cilantro in a big bowl. Pour the salad dressing into the bowl and fold in. Sprinkle with peanuts and serve.