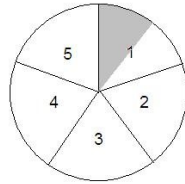


# Avocado & Mango Salsa

Serves 6 (Makes 375ml)

Portions of fruit & vegetables per serving:  $\frac{1}{2}$

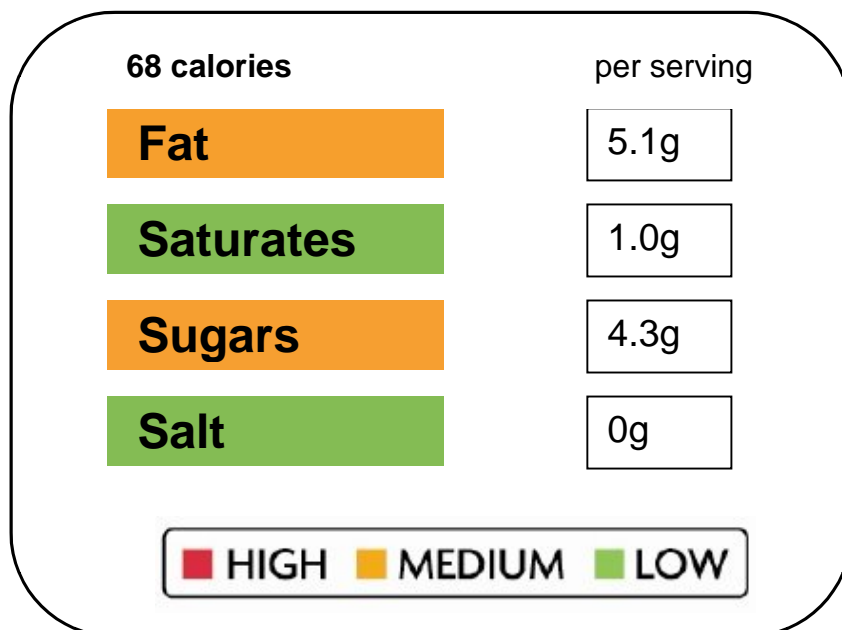


Ingredients	Amount	Preparation
mango	1	halved, stoned & finely diced
avocado	1	halved, stoned & finely diced
red onion	$\frac{1}{2}$	finely chopped
red chilli	1	deseeded & finely chopped
lime juice	1 tablespoon	
red wine vinegar	1 tablespoon	
olive oil	1 tablespoon	
fresh mint	2 tablespoons	finely chopped
tabasco sauce (optional)	few drops	

**Please Turn Over**

## Method

- 1 Combine the mango, avocado, onion, chilli, lime juice, vinegar, oil and mint in a bowl.
- 2 Add the Tabasco sauce to taste.
- 3 Cover and let it 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.
- Can be served with fishcakes or grilled chicken to make a healthy main meal.