

Helergon Kitchen

Mango Salad – Fresh Tropical Twist

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**International** Cuisine	

Ingredients

Main Ingredients

- [ ] 2 ripe mangoes, peeled and diced
- [ ] 1 cucumber, thinly sliced
- [ ] 1 large carrot, grated
- [ ] 1/4 cup fresh cilantro leaves, chopped
- [ ] 1 small red onion, thinly sliced (optional)

Dressing

- [ ] 3 tbsp fresh lime juice
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1/2 tsp red chili flakes
- [ ] 1 tsp honey or agave syrup
- [ ] Salt and pepper to taste

Instructions

1. Peel the mangoes, cut the flesh into bite-size cubes, and place them in a large bowl.
2. Add sliced cucumber, grated carrot, and red onion if using; toss gently.
3. In a small cup whisk together lime juice, olive oil, chili flakes, honey, salt, and pepper until smooth.
4. Pour the dressing over the fruit and veggies, toss just until everything is lightly coated.
5. Finish with chopped cilantro, give a final gentle toss, and serve immediately.

Nutrition per serving

210 kcal	2 g	30 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer less heat, reduce chili flakes or skip them altogether – fruit dip inspiration works well.
- Use a sharp knife for mango to avoid squashing the flesh.
- For extra zing, add a splash of orange juice to the dressing.