

Green Mango salad with coconut and mint

By Emma Lupin of Alawa



Mangoes come into season once a year, around the build up time in the top end. Any mangoes can be used green, but some varieties are grown with this use in mind.

2- 3 Green mangoes, sliced thinly
1 or 2 cups of fresh shredded coconut
1 small bunch of mint leaves
4 Thai coriander leaves
3 spring onions
2 long red chilies
1/3 cup of toasted sesame seeds (optional)

Dressing-

2x tablespoons fish sauce
2x tablespoon peanut or sesame oil
Juice of 2 limes
1x tablespoon grated palm sugar

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To make the salad

- Peel and slice the mango in fine julienne slices and place in a medium size bowl.
- Cut the chili finely, cut the spring onions on the diagonal and chop the herbs, then add to the sliced mango.
- Grate fresh coconut, or buy from the market and add this in.

For the dressing

- Grate palm sugar with a fine grater, put into a small bowl or glass, add the fish sauce, oil, and lime juice mix to combine.
- Pour over the salad and mix and allow to marinate for 10 minutes before serving.
- Garnish with extra herbs and serve!