

Green Mango Salad

Exotic and unusual blend of flavours that just works!

2 large green mangoes
1 clove minced garlic
1 packet stevia
2 tbsp fresh cilantro (coriander), chopped
2 tbsp raw cashews
1/2 red pepper, sliced
1-2 splashes Bragg's All purpose seasoning ,or sea salt

Peel mangoes with a potato peeler. Carefully take one mango (slippery!) in the palm of hand and holding a sharp knife in the other, score deep gashes across the surface (all sides). Scrape flesh in downwards motion into work bowl until just the pit remains. Repeat with other mango. Add stevia, cilantro, salt/Bragg's and red peppers and mix. Chill if desired before serving. Add cashews just before serving on a bed of greens.

Makes 2-4 appetizer servings.

(adapted from Simply Thai Cooking by Young and Ayanoglu)