

Mango Salad (Thailand)

Sweet, salty and spicy, this juicy, crunchy salad is based on the mango and is full of multi-coloured ingredients and plenty of vitamin C. The salad is ideal for a picnic as the lettuce is your edible plate.

20 minutes, Serves: 2 + 2 as a side dish

Ingredients:

- 425g/15oz can of mango slices, drained
- 2 spring onions/scallions
- 30g/1oz/½ cup fresh coriander/cilantro leaves
- ½ teaspoon ready-grated wet ginger
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 teaspoon sweet chilli dipping sauce
- 2 tablespoons blanched peanuts
- 1 Little Gem/Bibb lettuce or similar

Extra equipment:

Can opener, paper towels, strong plastic food bag, and rolling pin

To make:

- 1 Pat the mango dry with some paper towels, then cut it into 1cm/½in chunks, using a table knife. Put it in a serving bowl.
- 2 Top and tail the spring onions/scallions, using scissors (see Top and tail, page 13), then cut the white parts into small rings. Add to the serving bowl.
- 3 Chop the coriander/cilantro in a cup, using scissors (see Chop, page 11). Add to the bowl.
- 4 Add the grated ginger, lemon juice, oil and chilli dipping sauce and mix well with a spoon.
- 5 Put the peanuts into a strong plastic food bag and gently hold the end closed. Smash them with a rolling pin to break them into smaller pieces.
- 6 If you are going to eat the salad later, keep the peanuts in the bag and put the salad in the refrigerator.
- 7 When you are ready to eat, pull the leaves off the lettuce and put them on plates. Spoon the salad into the middle of the leaves and sprinkle with the peanuts.
You can serve the salad on its own or with a chunk of crusty bread.