Thai Mango Salad

Ingredients

2 ripe mangoes, peeled, pitted, and julienned

1 red bell pepper, thinly sliced

1/2 cup shredded carrots

1/4 cup chopped fresh mint leaves

1/4 cup chopped fresh cilantro

1/4 cup chopped roasted peanuts

Dressing

2 tablespoons fish sauce

2 tablespoons lime juice

1 tablespoon honey or maple syrup

1 teaspoon soy sauce

1 garlic clove, minced

1 small red chili, thinly sliced (optional for heat)

1. In a large bowl, combine julienned mangoes, sliced red bell pepper, shredded carrots, chopped mint leaves, and chopped cilantro.
2. In a small bowl, whisk together fish sauce, lime juice, honey or maple syrup, soy sauce, minced garlic, and sliced chili (if using) to make the dressing.
3. Pour the dressing over the salad and toss until well coated.
4. Sprinkle chopped roasted peanuts over the salad just before serving for added crunch.
5. Serve immediately as a vibrant and flavourful Thai-inspired salad.