



AVOCADO MANGO SALAD BY CHEF CANDICE EEDEN

Nutrition Facts Per Serving: Calories 283, Protein 4g, Carbs 24g, Fat 21g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 5 min



INGREDIENTS

Avocado, Mango
Jalapeno or Green Chili
Onions, Coriander Leaves
Lime, Sea Salt
Black Pepper

METHOD

1. Place avocado, mango, onions, as much chili as desired (or none) and most of the coriander leaves in a glass bowl.
2. Add lime juice & toss gently to combine.
3. Season to taste with salt and pepper, toss gently to combine.
4. Cover and refrigerate for at least 30 min but preferably 1 hour.
5. Adjust salt and pepper if needed, toss again, garnish with remaining coriander leaves and serve immediately.

BON APPETIT