

MANGO ZUCCHINI SALAD

Ingredients :

- 1 mango medium size
- 1 zucchini (or Cucumber)
- 1 yellow bell pepper
- 1 onion
- 1 Guava (Peru)
- Green chilli (1/2)
- Coriander leaves
- Sunflower or Pumpkin seeds

Method:

Wash the mango well with a little turmeric or salt. Cut the mango into small pieces with the skin. Cut the Zucchini into small pieces. Cut the bell pepper into small pieces. Cut the Guava into pieces after removing the seeds part. Cut the onion into small pieces. Cut the green chilli into small pieces. Mix all these ingredients in a bowl. Add salt to taste and a tsp of lime juice.

For topping you can add sunflower or pumpkin or any other seeds.