

NUTRIENT RICH MANGO SALAD (for 2 persons)

Ingredients :

- 1 medium sized mango (200-225gm)
- 1 Cucumber
- 1 tomato
- 1 onion
- Matki (50gms) (Moth Beans)
- Grated coconut or tender coconut pieces
- 1 Green chilli
- Pink salt or rock salt
- Lemon – ½

PROCESS ;

Wash the mango by keeping it in water with turmeric powder and rock salt or baking soda for about 5 minutes to wash out the wax, if any.

Cut the mango into small pieces with skin and put it in a bowl. Then cut the cucumber, tomato and onion into small pieces and put them in the bowl. Add steamed matki and grated coconut (or sliced tender coconut pieces). Cut the green chilli into small pieces and add with pink or rock salt and lemon squeeze.

For Topping : (Green Topping)*

Take some coriander leaves and put them in the mixer vessel and add pink or rock salt to taste and a little of lime juice. Add peanuts. Grind to a nice paste by adding a little water.

Apply this topping on the salad.

Your nutrient rich salad is ready. Enjoy the full benefit of a mango.

**Courtesy of Smt Meena Shah of Nature's Law and Diet System in her youtube video titled "Healthy and Tasty Fireless Vegan Recipes".*