

Plate Dream

Mango Salad – Fresh and Easy Summer Dish

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**International** Cuisine	

Ingredients

Main Ingredients

- [ ] 2 ripe mangoes, peeled and diced
- [ ] 1 large cucumber, sliced into half-moons
- [ ] 1 red bell pepper, thinly sliced
- [ ] 1/4 cup fresh mint leaves, torn
- [ ] 1/4 cup fresh cilantro leaves, torn

Dressing

- [ ] 3 tbsp lime juice
- [ ] 1 tbsp honey
- [ ] 1 tsp salt
- [ ] 1 tbsp olive oil (optional for silkiness)

Instructions

1. Gather all ingredients, wash the cucumber, bell pepper, and herbs, then pat dry.
2. Peel the mangoes and cut them into bite-size cubes; set aside.
3. In a small bowl, whisk together lime juice, honey, salt, and olive oil until smooth.
4. In a large mixing bowl, combine cucumber, bell pepper, and herbs; gently fold in the mango pieces.
5. Drizzle the dressing over the salad, toss lightly, and serve immediately or chill for a few minutes.

Nutrition per serving

180 kcal	2 g	38 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mango is very sweet, you can reduce the honey slightly.
- For extra zing, add a pinch of lime zest with the dressing.
- Serve on a chilled plate to keep the salad crisp.