



Mango Salsa

Ingredients

1 pkg (600 g) frozen MOOV Mango, partially thawed
1/3 cup (75 mL) diced red onion
1/3 cup (75 mL) diced sweet red pepper
2 tbsp (30 mL) chopped cilantro
2 tsp (10 mL) finely chopped jalapeño pepper (or to taste)
1 tbsp (15 mL) lime juice
1 tbsp (15 mL) sunflower or olive oil

Steps

Chop mango into 1/2-inch (1 cm) pieces while still a bit frozen. Place in a medium bowl. Add onion, red pepper, cilantro and jalapeño.

Gently stir in lime juice and oil just until mixed in. (Do not over mix.) Cover and refrigerate for at least 1 hour. May be made up to 24 hours ahead.

TIPS: Mango chunks are easier to chop when not completely thawed.

TIPS: If desired, add about 1/3 cup (75 mL) diced English cucumber or avocado, or corn niblets when ready to serve.

TIPS: Sweet onion such as Vidalia or Walla Walla can be used in place of the red onion. Green onion may also be used.

TIPS: Use hot pepper sauce in place of jalapeños.

TIPS: Try a little canned chipotle peppers (smoked jalapeños). They are found with the Mexican ingredients in most supermarkets.

TIPS: Cilantro is also known as fresh coriander and is available in the produce section of most supermarkets.

Preparation time :

4 minutes

Refrigeration time :

1 hour

Portions : 2 cups (500 mL).

Product : Moov Mango Chunks

Product code : 01106

Type : Classic fruits

Format : 12 x 600 g

Preservation :

Keep frozen at 0°F or -18°C or below. Take out desired amount and return any product not used immediately to freezer. Do not refreeze if thawed.

Preparation :

Thaw product at room temperature or use frozen. Use any way you would use fresh fruit or incorporated into your favourite recipe.