

Foodnity Recipes

Thai Mango Salad - Healthy Spring Vegetarian Meal

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

Ingredients

Main Ingredients

- [ ] 2 ripe mangoes, peeled and thinly sliced
- [ ] 1 cup fresh mint leaves, torn
- [ ] 1 cup cilantro leaves, chopped
- [ ] 1 small red onion, thinly sliced
- [ ] 2 Thai bird's eye chilies, finely sliced

Dressing

- [ ] 3 tbsp lime juice
- [ ] 2 tbsp fish sauce (or soy sauce)
- [ ] 1 tsp palm sugar (or brown sugar)
- [ ] 1 tbsp toasted peanuts, crushed

Instructions

1. Pat the mango ribbons dry with paper towels; set aside in a large bowl.
2. Add the sliced red onion, chilies, mint, and cilantro to the mango.
3. Whisk lime juice, fish sauce, and palm sugar together until the sugar dissolves.
4. Pour the dressing over the salad, toss gently, and sprinkle crushed peanuts on top.
5. Serve immediately, perhaps alongside a cucumber salad or on its own.

Nutrition per serving

220 kcal	3 g	32 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste the dressing before adding; adjust lime or fish sauce as needed.
- If mango is very juicy, add a splash of rice vinegar to balance moisture.
- For extra crunch, toss in shredded carrots or sliced bell pepper.