

Foodnity Recipes

Thai Mango Salad: Refreshing Spring Vegetarian Dish

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

Ingredients

Salad Base

- [ ] 2 ripe mangoes, peeled and cut into thin ribbons
- [ ] 1 cup shredded red cabbage
- [ ] 1 red bell pepper, thinly sliced
- [ ] 1 small carrot, julienned
- [ ] 1/2 cup fresh mint leaves, torn
- [ ] 1/2 cup fresh cilantro leaves, roughly chopped
- [ ] 1/4 cup roasted peanuts, roughly chopped

Dressing

- [ ] 3 tbsp fresh lime juice
- [ ] 1 tbsp honey (or agave for vegan)
- [ ] 1 tsp grated ginger
- [ ] 1 clove garlic, minced
- [ ] 1 tsp fish sauce substitute (soy sauce or tamari)
- [ ] Pinch of sea salt

Instructions

1. Peel the mangoes and slice them into thin ribbons; set aside.
2. In a large bowl, combine shredded cabbage, bell pepper, carrot, mint, and cilantro.
3. Whisk together lime juice, honey, grated ginger, garlic, soy sauce, and a pinch of salt to create the dressing.
4. Add the mango ribbons to the bowl, drizzle with dressing, and toss gently until everything is lightly coated.
5. Top with roasted peanuts and serve immediately or after a short rest.

Nutrition per serving

210 kcal	3 g	30 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mango is very sweet, you may reduce the honey slightly.
- Adjust lime to taste; a little extra brightens the whole dish.
- For added crunch, consider thinly sliced cucumber.