

recipe:
Quick Mango &
Avocado Salad



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Use all those delicious mangoes and avocados off the trees with this lovely little fresh salad dish for Summer entertaining.

Ingredients

2 mangoes, diced

2 avocados, diced

100g baby spinach, washed

handful of flaked almonds or pine nuts 4 tbsp mango chutney or similar

Method

Place baby spinach in a salad bowl or on a serving platter. Top with mango, avocado, almonds and pine nuts. Mix mango chutney with a little water to desired thickness. Drizzle over salad. Serve immediately. Great with steak or baked fish.