

Mexican avocado, bean & mango salad

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Mexican avocado, bean & mango salad

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Dorota Trupp shares some healthy salad ideas.

Ingredients (serves 4 entrees or 2 mains)

- Zest of one lime
- Juice of two limes
- 3-4 spring onions, roughly chopped
- 2-3 tbsp chopped coriander
- 2-3 finely chopped chillies
- 2 cups cooked red or black beans
- 1 ripe avocado
- 1 head iceberg lettuce
- 1 ripe mango
- 2 handfuls cherry tomatoes, cut in half
- 1 red onion, peeled and sliced
- 4 tbsp pumpkin seeds, lightly roasted
- 2 tbsp honey
- 8 tbsp olive oil
- Salt

Method

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Mix the lime zest with the lime juice, chopped chillies, honey and oil, and season with salt.

Cut the [avocado](#) in half, lengthwise, and then cut into one-centimetre cubes and set aside.

Cut the mango cheeks off the stone, peel them and cut them into similar sized cubes.

Break the iceberg lettuce into mouth-sized pieces.

Place all the ingredients into a bowl and drizzle the dressing over it and mix it all well through. Plate it in a salad bowl.

Photo credit: [Trupp Cooking School](#)

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