

Mexican avocado, bean & mango salad

Search:

- [Salad](#)
- [Vegetables](#)
- [Recipes](#)

Mexican avocado, bean & mango salad

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

Mexican avocado, bean & mango salad



Rate this recipe

4 people are cooking this [Count me in](#)

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

Mexican avocado, bean & mango salad

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](#)

```
function displayNutrition(msg) { $('#nutrition-label-container').text(msg); $('#nutrition-label-container').fadeIn(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('#result').html(data); alert('This recipe was added to your favorites list'); }); }
```