

Mango Chow

Serves: 4

Prep time: 10 minutes

Cook time: 0 minutes



1 serve per portion

Ingredients

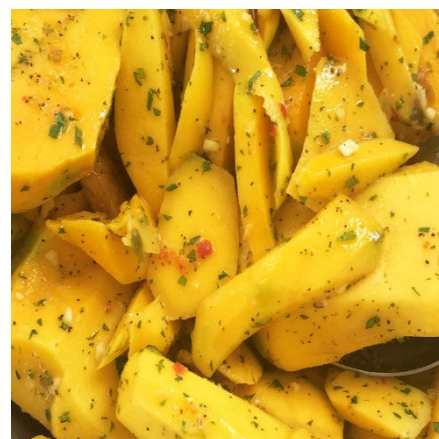
2 large mangoes, sliced

½ cup coriander, finely chopped

2 cloves garlic, finely chopped

1 red chilli, thinly sliced

1 lime, juiced



Everyday Food

Method

COMBINE the mango, coriander, garlic and chilli in a bowl.

ADD the lime juice and stir until well combined.

CHILL in the fridge until ready to serve, to allow the flavours to marinate.

Recipe courtesy of the Country Kitchens 2023 Country of Study Recipe Collection – Trinidad and Tobago