

# Mango salsa

Serves 4

## Ingredients

- 1 medium mango
- 1 medium avocado
- 1 medium tomato
- 1 lime
- 1 small red chilli



## Method

1. Peel and dice mango and avocado. Dice tomato.
2. Zest and juice lime. Deseed and finely chop chilli.
3. Add all ingredients to a bowl. Toss gently to combine.
4. Serve atop barbequed chicken or fish, or enjoy as a tasty side dish.

NUTRITION INFORMATION		
Servings per recipe: 4		
Average serving size: 138g		
	Per serve	Per 100g
Kilojoules (kJ)	505	367
Protein (g)	1.7	1.3
Total fat (g)	8.7	6.4
- Saturated fat (g)	1.9	1.4
Carbohydrates (g)	7.1	5.2
- Sugars (g)	6.9	5.0
Fibre (g)	2.9	2.1
Sodium (mg)	5	4

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.