



Mango and Red Bell Pepper Salad with Fennel

🕒 15–20 Min   

Preparation

- 1 Peel the mangoes and remove the stone.
- 2 Cut the mangoes and bell pepper into 5-mm-thick strips and mix with the oil, sea salt, ground pepper, cilantro leaves and lime juice.
- 3 Heat the fennel in a hot pan until it gives off an aromatic scent. Allow it to cool a little and sprinkle over the salad.

Ingredients 2 Portions

♦ = Kotányi Produkte

2 piece	Mangoes, ripe
2	Red bell pepper
2 tbsp.	Sesame oil
10 piece	Cilantro, fresh
3 tbsp.	Lime juice
2 tsp.	♦ Fennel, Whole
1 pinch	♦ Sea Salt, Coarse
1 pinch	♦ Pepper Black, Whole

