

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