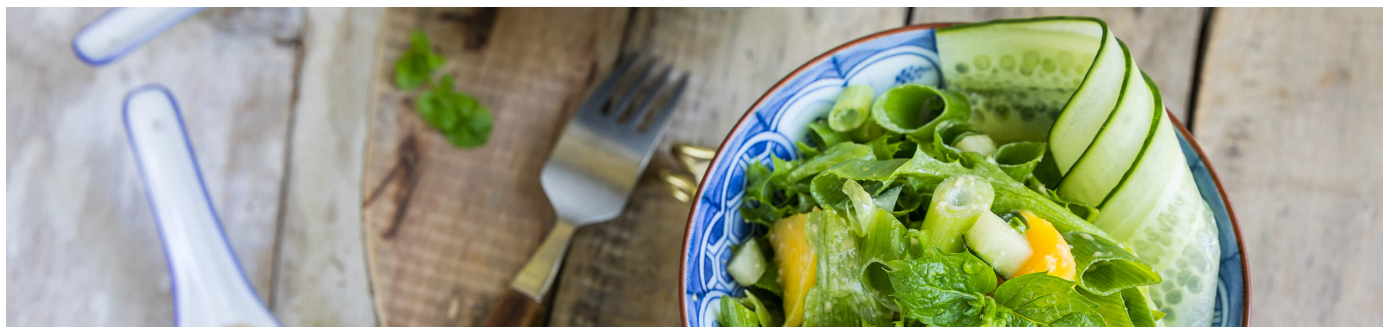


# Crunchy mango salad with peanut dressing



 30 min.  442 kcal  SteviaSweet Crystal

## Preparation

Make the dressing. Finely chop the garlic and the ginger. Squeeze the juice from the lemon. Put all the ingredients into a blender or a bowl for a hand blender and mix until smooth. Dilute the dressing with water if necessary.

Peel the mango and cut into cubes. Slice the cucumber, cut the spring onion into rings and halve the peas. Mix the ingredients for the salad, add some of the dressing and serve. Add dressing according to taste.

## Ingredients for 4 servings

### Salad

2	ripe mangos
1/2	cucumber
3	spring onions
200 g	sugar peas
8 g	coriander
8 g	mint
200 g	lettuce

### Dressing

1	clove of finely chopped garlic
2 cm	finely chopped ginger
50 ml	lemon juice
50 g	peanut butter
1 tbsp	SteviaSweet Crystal
2 tbsp	soy sauce
1/4 tsp	chilli flakes
100 ml	rapeseed oil
	(Water for diluting)

## Nutritional information per portion

442	kcal
1854	kJ
8	g Protein
28	g Carbohydrates
33	g Fat