

Mango Avocado Salsa

Recipe developed from bbcgoodfood.com

Servings: 2

Ingredients:

- 1 lime – zest & lime
- 1 mango – stoned, peeled & chopped
- 1 avocado – stoned, peeled & chopped
- ½ pint cherry tomatoes - halved
- 1 red chili – deseeded & chopped
- 1 red onion - chopped
- ½ bunch cilantro – chopped
- 1 (400g) can black beans – drained & rinsed

Instructions:

1. Put the lime zest and juice, mango, avocado, tomatoes, chilli and onion in a bowl, stir through the cilantro and beans.
2. Refrigerate & enjoy!

Nutrients per serving (1/2 of recipe)
Calories (341 kcal)
Fat (15 g)
Saturated Fat (3 g)
Trans Fat (0 g)
Sodium (280 mg)
Carbohydrates (33 g)
Fibre (15 g)
Sugar (18 g)
Protein (11 g)