

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Green Mango Kachumber Salad

A little sour, a little sweet, a little spiced, a lot refreshing and delicious. Green Mango Kachumber Salad made with a green, unripe mango is a quickly made Gujarati salad to accompany Indian meals. Inspired by and adapted from a recipe by Kanan.

The range given for the spices and sweetener are guidelines for how hot, sweet or mild you'd like your salad. Whichever quantities you choose, do let the salad sit 10-15 minutes before eating it.

This allows time for the onion to soften and the flavors to marry.

Serve Green Mango Kachumber salad more as a condiment than by the plateful. Delicious topping a bean soup, a grain bowl or a lettuce leaf.

Makes 2-3 servings as a side dish

Active time 10 minutes

Total time 20 minutes

Ingredients

1 cup grated hard, green, unripe mango

¼ cup *very* thinly sliced onion

⅛– ½ teaspoon red chili powder

⅛– ¼ teaspoon ground cumin

1-2 teaspoons coconut palm sugar

Large pinch of salt

Instructions

1. Cut the mango along either side of the central pit. Peel each half and the outside of the flesh surrounding the pit. Grate the flesh.
2. Toss the grated mango with the very thinly sliced onion. Mix in the red chili powder, ground cumin, coconut palm sugar and salt to taste.
3. Cover and refrigerate the salad for at least 5-10 minutes before serving. As Green Mango Kachumber Salad sits the onion softens and mellows and the flavors marry.
4. Although the green mango loses some of its crispness with time, Green Mango Kachumber Salad remains fresh and tasty for 2-3 days stored in the refrigerator.