

“Hot” Cucumber, Mango, and Hempseed Salad

Serves 2



Simply Nutrition



Ingredients

- 1 large green or unripe mango
- 1/2 medium cucumber
- 1 tablespoon of shelled hempseeds (sunflower seeds also work well)
- 1 tablespoon of chopped fresh coriander
- 1 tablespoon of chopped fresh mint
- Juice of 1/2 lime

Dressing

- 2 tablespoons of culinary linseed oil or hempseed oil
- 1 tablespoon of balsamic vinegar
- 1/2 teaspoon of honey or sugar
- 1 teaspoon of chopped ginger root
- 1/2-1 tsp of finely chopped green or red chilli (or chilli flakes)
- Sea salt and ground black pepper to season

Method

Mango - peeled and the flesh sliced and julienned (or cut in to strips)
Cucumber - sliced lengthways in half, deseeded if desired, then julienned to the same length and width as the mango slices.

Prepare the mango and cucumber and place in a bowl. Add the coriander and mint, stir, and squeeze over the lime juice. Leave to stand whilst making the dressing. For this, blend well/whisk all the dressing ingredients and place in a serving jug. Just before serving, sprinkle the hempseeds over the salad, dress to coat all the ingredients, serving the remaining dressing on the side.

GLUTEN FREE

WHEAT FREE

DAIRY FREE

SUPERFOODS

“ a nutrient-rich meal with a wide spectrum of vitamins, minerals and antioxidants for health and vibrancy ”