

Strawberry and Mango Salad

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Seasonal and summery salad with fresh strawberries and mango, drizzled with ginger flavored vinaigrette. Serve as a main or as a side dish during any gatherings this season!

Prep Time 10 minutes

Cook Time 2 minutes

Total Time 12 minutes

Course: Salad

Cuisine: Vegetarian

Servings: 8 people

Calories: 304kcal



Ingredients

- 3 fl oz flaked almonds
- 7 ½ cups mixed salad of choice
- 2 large handful of fresh basil whole leaves or roughly chopped
- 4 cups fresh strawberries hulled and halved
- 2 large mango chopped
- 1 ⅓ cups feta cheese

For ginger dressing

- 3 fl oz extra virgin olive oil
- 2 fl oz honey
- 2 medium lemon juice and zest
- ⅓ fl oz fresh ginger grated

Instructions

- Place the almonds in a small, heated frying pan, and roast them for about 2 minutes. Once they start getting aromatic and turn golden brown, take off the frying pan and set aside.
- Place the salad of your choice and basil into a large bowl. Add chopped strawberries and mango and mix all to combine.
- Top with crumbled feta cheese and toasted flaked almonds and mix again to combine the ingredients well.

For the ginger vinaigrette

- Mix all the ingredients together, add some salt and pepper to taste, if desired. Drizzle over the salad and serve!

Notes

- Swap fresh basil for fresh mint if you'd like.
- Honey in the ginger vinaigrette can be swapped for maple or agave syrup.

Storage

- This strawberry mango salad should be served fresh; on the day it was made. Store any leftovers in the fridge for up to 12 hours.

Nutrition

Serving: 80g | Calories: 304kcal | Carbohydrates: 29g | Protein: 7g | Fat: 20g | Saturated Fat: 5g | Polyunsaturated

Fat: 2g | Monounsaturated Fat: 11g | Trans

Fat: 1g | Cholesterol: 22mg | Sodium: 297mg | Potassium: 384mg | Fiber: 4g | Sugar: 20g | Vitamin A: 1112IU | Vitamin

C: 86mg | Calcium: 174mg | Iron: 1mg