



## Mango and Pepper Salsa



Serves  
4



Prep  
15 minutes



This colourful, lively salsa is perfect for serving alongside grilled or barbecued foods.

### Cooks Tips:

Make up a batch of this tasty salsa to serve as a nibble with drinks, or to enjoy as a healthy T.V. snack.

You could use two 220g cans of Princes Peach Chunks with Juice as a change from mango.

For speed, chop the vegetables in a food processor, though take care – they will only need a few seconds!

	Calories	Sugars	Fat	Saturated Fat	Salt
224g	221	13g	10g	2.1g	0.66g
RI%	11%	14%	14%	11%	11%

### Ingredients

1 x 432g can Princes Mango Slices with Juice  
1 green pepper, deseeded and finely chopped  
1 red pepper, deseeded and finely chopped  
4 spring onions, trimmed and finely chopped  
¼ cucumber, finely chopped  
2tbsp finely chopped fresh coriander  
1tbsp olive oil  
1tbsp cider vinegar or white wine vinegar  
Salt and freshly ground black pepper  
Tortilla chips, to serve

### Method

1. Drain the can of mango and chop the slices into small chunks. Put them into a mixing bowl.
2. Add the chopped peppers, spring onions, cucumber and coriander.
3. Stir in the olive oil and vinegar and season to taste with salt and pepper.
4. Serve with tortilla chips.



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