

## Ingredients:

- 1 mango, peeled and diced
- ½ red onion, finely diced
- 1 tablespoon lemon or lime juice
- 1 teaspoon lemon or lime zest



## Equipment:

- Chopping board
- Knife
- Measuring cups and spoons
- Fine grater or zester
- Mixing bowl and spoon

## Method

1. Combine all the ingredients in a bowl and gently mix together.
2. If you have time, cover and place in the fridge for an hour to let the flavours mix together.

## Involving the Children

Children can help with the chopping of the mango and onion. They can squeeze the lemon or lime juice and zest the rind – just be careful with little fingers!

## Serving Suggestions

- In a wrap with chicken and salad
- On top of homemade vegetable pizzas
- As an accompaniment to roast meat