



# 10 HEALTHY MANGO RECIPES



## **Mango Avocado**

### **Salsa**

Cooking Time: 5 minutes

Vegan, Gluten free, Paleo

## **Ingredients**

### **Produce**

- 1 Avocado, medium
- 1/2 bunch Cilantro, fresh
- 1 Lime (about 2 tbsp), Juice of medium
- 1 Mango
- 1/2 Red onion, medium

### **Baking & Spices**

- 1/4 tsp Salt and pinch of black pepper

## **Let's Cooking!**

1. In a medium bowl, combine diced mango, avocado, finely chopped red onion and chopped cilantro.
2. Squeeze 2 Tbsp of fresh lime juice over the top and sprinkle with salt and pepper to taste. Toss gently to combine and serve. If not serving right away, cover with plastic wrap and refrigerate.

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# Mahi Mahi With Mango Jalapeño Salsa

Cooking Time: 23 minutes  
Gluten free, Paleo

## Ingredients

### Seafood

4 Mahi mahi, fillets

### Produce

2 tbsp Cilantro

1/4 cup Cucumber

1 tsp Jalapeno

1/2 cup Mango

1/2 tsp Onion powder

1/4 cup Red onion

1/3 cup Roma tomato

### Condiments

1 tbsp Lime juice

### Baking & Spices

1 tsp Chili powder

1/4 tsp Sea salt

1 Sea salt

### Oils & Vinegars

2 tbsp Olive oil, extra virgin

### Nuts & Seeds

1 tbsp Cumin

## Let's Cooking!

### For the fish:

4 mahi mahi fillets

2 tablespoons extra virgin olive oil

1 tablespoon cumin

1/2 teaspoon onion powder

1 teaspoon chili powder

1/4 teaspoon sea salt

### For the salsa:

1/2 cup mango, diced

1/3 cup Roma tomato, diced

1/4 cup red onion, finely chopped

1/4 cup cucumber, peeled and diced

2 tablespoons cilantro, finely chopped

1 tablespoon lime juice

1 teaspoon jalapeño, minced

Sea salt, to taste

 **SAVORLIVING**

1. Preheat grill to medium heat. Set mahi mahi fillets on a plate and drizzle with olive oil. Rub to coat.
2. Mix together cumin, chili powder, onion powder, and sea salt. Rub seasonings over each fillet.
3. Combine ingredients for salsa in a small bowl. Stir. Refrigerate until serving.
4. Place mahi mahi on grill. Cook 3-4 minutes, then gently turn over and cook 3-4 minutes longer.
5. Serve mahi mahi with salsa.

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## Mango Cream

Yield: Serves 4-6, depends on the serving dish

### Ingredients

2 large ripe mangoes  
1 medium ripe mango  
1 1/2 cups whipping cream 35%  
1/2 teaspoon cardamom powder  
4 tablespoons powdered sugar  
slivered pistachios for garnish

### Let's Cooking!

1. Peel the medium mango and cube, save it for topping.
2. Peel 2 large mangoes, cube and puree in a food processor until smooth.
3. Beat the whipping cream, cardamom and sugar until stiff peaks form, about 6-7 minutes. Save some of the beaten cream for topping.
4. Gently fold the mango puree in the cream.
5. In a serving glass, spoon some of the mango cream. Place some of the mango cubes on top. Sprinkle with pistachios. Then top with beaten cream.

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# Coconut Cashew Curry Chicken and Rice with Mango

Cooking Time: 20 minutes  
Gluten free Serves 4

## Ingredients

### Meat

1 lbs Chicken

### Produce

4 tbsp Cilantro

2 Garlic (cloves)

1 inch Ginger

1 cup Green peas

1 cup Mango

1/2 Red onion, thin

### Canned Goods

1 cup Coconut milk

### Pasta & Grains

1 1/2 cup Rice

### Baking & Spices

1/2 tsp Chili powder

1 1/2 tbsp Curry powder

1/2 tsp Salt

### Oils & Vinegars

2 tbsp Olive oil

### Nuts & Seeds

1/4 cup Cashew, toasted

## Let's Cooking!

1. Cook rice according to package directions.
2. While rice cooking, heat oil in a wide heavy bottom pan. Add sliced onion and saute until soft. Add cubed chicken, spices, half of salt, and cook until chicken is brown from all side. (3-4 mins)
3. After 2-3 mins, add ginger, garlic, continue cooking until chicken is brown from all sides and spices release nice aroma.
4. Add coconut milk, and salt. Bring to boil and then cook on medium heat until chicken is fully cooked and water is almost absorbed (about 1/3 cups liquid remaining). (about 5 mins)

## SAVORLIVING

5. Meanwhile rice will be ready. Drain cooked rice and add on top of chicken with green peas (if using). Don't mix the rice yet. Cover the pot, let chicken cook for 1 more min, then switch off leave covered for 2-3 mins.

6. Open the pot, fold gently to mix half of rice and green peas (if using) into the curry chicken. Mix in diced mango, chopped cilantro, and chopped cashews. Serve family-style in the pot.

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# Vegan Jerk Chickpea Wings with Sweet Mango Dip

Cooking Time: 45 minutes

## Ingredients

### Meat

2 tsp Poultry seasoning

### Produce

1 Can Chickpeas

5 Cloves Garlic

1 Mango

4 Scallions

1 Scotch bonnet pepper

1 tsp Thyme

### Canned Goods

1/4 cup Coconut milk

1/4 cup Vegetable broth

### Condiments

2 tbsp Agave

1 tbsp Lime juice

### Pasta & Grains

1/2 cup Vital wheat gluten

### Baking & Spices

1/2 tsp Allspice

1/4 tsp Black pepper

3/4 cup Corn starch

1 tsp Salt

1 Salt and pepper

### Oils & Vinegars

1 Oil

1 tbsp Red wine vinegar

### Drinks

1/4 cup Orange juice

## Let's Cooking!

1. If you want to make the mango dip, make that first. Put all the ingredients into a blender and blend on high until nice and smooth and creamy, scraping down the blender as needed. Taste and adjust flavor. Place in fridge while you make the wings.

## SAVORLIVING

2. Now make the jerk sauce. in a food processor, add all the ingredients for the sauce and process until the sauce is smooth and all the ingredients are very fine and paste/sauce like. It make take a few minutes, scrapping down as need. Pour into a bowl and set aside.

3. Wipe out processor, make the wings . Add the chickpeas, vital wheat gluten, veggie broth and seasonings to the food processor. Pulse until the mixture comes together and is dough like but still has a bit of texture. It should hold together very easily.

4. Form the chickpea "dough" into wing shapes by taking about 1-2 Tbsp. dough and rolling into a ball, flatten out a bit and shape into a "wing". Repeat until all of it chickpea mixture has been used. Make sure the wings are not too thick.

5. Heat about an inch of oil in a cast iron skillet on medium high and while the oil is heating, place the cornstarch in a bowl, and toss the wings in the cornstarch lightly coating them. Shake off excess.

6. Once oil is hot, add the chickpea wings. Fry on each side for 2-4 minutes until nice and crispy and brown and cooked through. Reducing heat as needed. Remove from oil and set aside.

7. Now, in another skillet pour the jerk sauce in. Heat on medium for a minute or 2 stirring until it starts to bubble a little. Now add the wings into the skillet and toss in the sauce until they are all completely coated.

8. Serve immediately with the mango dip!

### Recipe Notes

If the chickpea wings are too thick they won't cook evenly, so make sure they are only about 1/2 inch or less thick.

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# **Mango Coconut Vegan Ice Cream (Paleo, Dairy-Free, GF, Vegan)**

Vegan, Gluten free, Paleo    Makes 4 cups

## **Ingredients**

### **Produce**

3 cups Mangoes, frozen

### **Condiments**

1 tbsp Maple syrup, pure

### **Canned Goods**

13 2/3 oz 1 can full-fat coconut milk, full-fat

## **Let's Cooking!**

1. Add mangoes to a blender or food processor. Blend until crumbly.
2. Add coconut milk and maple syrup (if using), blending until smooth. Scrape down the sides of the blender as needed.
3. If you like super soft ice cream, enjoy immediately. If you want your ice cream firm and scoopable: pour into a freezer-friendly, airtight container. Freeze for 3-6 hours, or until completely frozen. Allow to thaw for 20-60 minutes before scooping —this treat can take awhile to thaw.

### **Notes:**

1. Do not chill coconut milk. Use room temperature canned coconut milk. Shake well to mix. Best when completely liquidy.
2. To quickly thaw, first ensure that ice cream is in a microwave-safe container. Microwave in 15-second increments until slightly soft and scoopable.
3. Store in an airtight container in the freezer for up to 1 week. Before serving, thaw for about 20-60 minutes.
- 4.

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# Mango Smoothie Bowl

Cooking Time: 10 minutes  
Vegan Serves 1

## Ingredients

### Produce

1/2 Banana  
1/2 cup Blueberries  
1/2 cup Mango and pineapple  
chunks  
1 1/2 cup Mango chunks, frozen  
1/2 cup Pineapple chunks, frozen

### Nuts & Seeds

1/4 cup Coconut flakes  
Liquids  
1 cup Coconut water

### Breakfast Foods

1/4 cup Chai spiced granola

## Let's Cooking!

1. Add the coconut water, then fruit into a high-powered blender. Blend on high for one minute, until thick and creamy consistency.
2. Pour into a bowl and add your toppings.

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# **Prawn Mango Avocado Salad with sizzling shrimp**

Cooking Time:14 minutes  
Gluten free Serves 4

## **Ingredients**

### **Seafood**

24 Prawns or large shrimp, raw fresh or thawed

### **Produce**

2 Avocados, medium  
1/2 tsp Chili pepper flakes, dried  
3 tbsp Cilantro, leaves  
1 tbsp Lime, zest  
2 Mangos, medium

### **Condiments**

1 tsp Honey  
2 tbsp Lemon juice

### **Baking & Spices**

1/2 tsp Black pepper, freshly ground

### **Oils & Vinegars**

1 tbsp Grapeseed or other vegetable oil  
3 tbsp Olive oil, extra-virgin

## **Let's Cooking!**

1. Make the Lemon Lime Vinaigrette first. Whisk the lime zest, chili pepper flakes, black pepper, lemon juice, honey and olive oil together. Set aside.
2. Arrange mango and avocado slices on serving plates or on one large platter.
3. Heat a skillet over medium heat. Add 1 tbsp oil and heat. Pat the prawns dry and add to skillet. Cook on one side for 1 - 2 minutes, turn and cook for 1-2 minutes longer, or just until they are no longer translucent. Arrange on top of the mango and avocado slices.
4. Drizzle with the Lemon Lime Vinaigrette and garnish with freshly chopped cilantro leaves.

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# Mango, Avocado & Shrimp Spring Rolls with a Peanut Dipping Sauce

Gluten free Serves 8

## Ingredients

### Seafood

1 lb Shrimp, jumbo

### Produce

1 Avocado

2 Carrots, large

1 Cilantro, Fresh

1 Cucumber

2 tsp Ginger

1 Mango, large

2 Romaine lettuce hearts

### Pasta & Grains

8 Rice paper

### Oils & Vinegars

2 tbsp Sesame oil

### Condiments

2 tbsp Lime juice

1 tbsp Maple syrup

1/4 cup Peanut butter

1 tbsp Soy sauce

## Let's Cooking!

1. Prepare the ingredients. Remove the skin from the mango and cut into thin strips. Cut the avocado in half, remove pit and cut into thin pieces. Peel the cucumber; cut it in half lengthwise; remove the seeds with a spoon; cut in half again and thinly slice. Wash the carrots and remove ends; you can chop into thin pieces or use a peeler to create thin ribbons (my preferred method). Chop the romaine into strips. I like to take a handful of fresh cilantro leaves, chop them, and then mix it in with the romaine (this is optional). Peel a small piece of ginger and use a fine grater to mince.

2. Peel, clean and cook the shrimp. My preferred way to cook shrimp is to sauté them. Heat a little olive oil in a pan on medium-high heat. Add the shrimp and season with salt and pepper, cooking for about 2 mins each side or until opaque and just starting to slightly brown. Once the shrimp are cooked, butterfly them with your knife, cutting them all the way through in half.

3. Prepare the peanut sauce. Mix all the sauce ingredients together in a small bowl. If the consistency is too thick (see notes), drizzle in a little more sesame oil.

4. Assemble the rolls. Fill a shallow pan or dish with warm water. Take a rice paper roll and submerge it in the water, keeping your hands on it so that you can feel when it starts to soften and become pliable (about 15 seconds, depending on how warm the water is). As soon as this happens, remove it from the water and lay it flat on a cutting board. Add your toppings to the bottom, center portion of the rice paper--a little bit of everything you've prepared. To roll, wrap one long side around the filling, fold in the two short ends, and then wrap the remaining long end over to seal (think of a burrito roll). This takes practice and your first few rolls might look ... special. Don't worry, they'll still taste delicious! Practice makes perfect.

**Notes:**

You can buy large rice paper rounds or small ones. In this post, I've used the smaller ones (plenty big for a single roll). If it's your first time making spring rolls, you might want to go with the big ones. The excess rice paper will make rolling easier and the spring rolls will feel less delicate as you assemble. \*\*I use a runny (oily) peanut butter. If you use a thicker peanut butter brand, you might need to increase the amount of sesame oil you use to achieve the right consistency.

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## **Sweet Mango Chilli Sauce**

Cooking Time:30 minutes

### **Ingredients**

#### **Produce**

2 cloves Garlic  
1 Lime, juice of  
3 Mangoes

#### **Baking & Spices**

1/2 tsp Salt  
1 cup Sugar

#### **Oils & Vinegars**

1 cup Apple cider vinegar

#### **Nuts & Seeds**

4 Thai chilis - roughly chopped seeds  
in, red

#### **Liquids**

1 cup Water

#### **Other**

1 Yellow capsicum (bell pepper)  
chopped  
4 tablespoons passion fruit juice  
(optional)

### **Let's Cooking!**

1. Chop and deseeded the chilis. You can decide on the amount of heat you want in your sauce by the amount of seeds you leave.
2. In a saucepan, place all the ingredients, except the cornstarch, and bring to a boil over medium high heat. Simmer for 20 minutes.
3. Remove from heat. Using a stick blender, carefully blend the mango sauce until smooth and all lumps and chilis are blended. Remember it's very hot! Don't burn yourself!



4. OPTIONAL - only if sauce is very runny. Return to heat and return to simmer. Take 1 tablespoon of cornstarch and mix with 2 tablespoons of cold water making a slurry. Add the corn starch slurry to the mango sauce and cook for a few minutes until it thickens.
5. Place into a clean sterilized jar, allow to cool and keep refrigerated.

**Notes:**

Burning disclaimer- vinegar mango mixture is very hot, do not burn yourself.

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