



Spicy Mango & Cucumber Salad

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 1 red bell pepper, julienned
- 2 large carrots, julienned
- 1 English cucumber, julienned
- 1 -2 mangoes, sliced or julienned
- ½ cup cherry tomatoes, halved
- ¼ cup minced cilantro
- ½ cup roasted peanuts (or nuts of your choice)
- 2 teaspoon O&V [Spicy Mango dip](#) *
- 4 tablespoons O&V [Mango Pulp vinegar](#) *
- 3 tablespoons O&V [Peperoncini oil](#) *
- 3 cloves garlic, minced
- 2 tablespoons **Runamok Maple Syrup** *
- Salt and pepper to taste
- Lime wedges for serving

Preparation

In a small bowl, combine the pepper jelly, mango pulp vinegar, peperoncini oil, minced garlic and maple syrup. Season with salt and pepper to taste.

Julienne the peppers, carrots, cucumber and mango and combine in a medium to large bowl. Add the halved tomatoes and minced cilantro. Toss gently to combine.

Drizzle the dressing from the small bowl over the salad and mix well. Serve garnished with the roasted peanuts and wedges of lime for squeezing on top

Serves 4 as a side salad

Active time 15 minutes Total Time: 15 minutes

Notes

* The [Peperoncini EVOO](#) adds a wonderful back end, creeping heat to the dressing that is perfectly balanced by the sweet and tart flavor of the [Mango Pulp vinegar](#). For less heat, you can use 1 tablespoon of Peperoncini oil and 1 tablespoon of an unflavored EVOO. The [Spicy Mango Dip](#) adds great sweet and spicy notes. You can try using a mango flavored pepper jelly in its place like **Mango Madness**. It is all balanced out by the **Runamok Maple Syrup**.

Be sure, if you substitute any items to use high quality replacements. but the Mango Pulp vinegar is a key ingredient, and is hard to replace with just another vinegar.

All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Soups & Salads, Sides, Gluten Free, Dairy Free, Vegan, Vegetarian, Mediterranean Diet, Mango & Cucumber Salad, Thai Inspired, Pepper Jelly, Mango Pulp Vinegar, Peperoncini Oil, Runamok Maple Syrup, Summer Eating, Taco Accompaniment.