Dizzle Sky
KITCHEN CLUB & COACHING

CASPER'S MANGO & ORANGE SALAD

MINUTES TO PREPARE
5

MINUTES TO CHILL
30

SERVES
4

INGREDIENTS

2 large oranges, *peeled, cut into eighths and then cut in to small chunks*
1 mango, *peeled, stone removed and diced*
Juice of 1/2 a lemon
1 teaspoon of caster sugar

LET'S GET MIXING

1. In a medium sized non-metallic bowl, mix together all the ingredients.

   Enjoy!

"This is best prepared 30 minutes before serving so that all the flavours have a chance to infuse, the fruit softens and the sugar creates a lovely sauce. It will keep for up to 3 days in the fridge"