

Mango & Mint Salsa

In Chinese Medicine, mangoes are considered sweet and sour with a cooling energy and are known as a *yin* tonic. They can be good for regenerating fluids on a hot summer day. Mint is also cooling as well as aromatic and pungent.

2 Large Ripe Mangoes, diced into medium cubes

2 Tablespoons Mint, Chopped finely

Pinch ground pepper

2 tablespoons to olive oil

Mix together in a bowl and use as an accompaniment or serve with freshly peeled king prawns