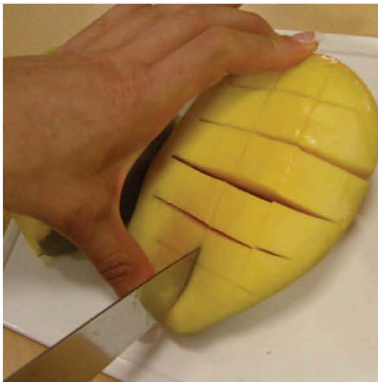
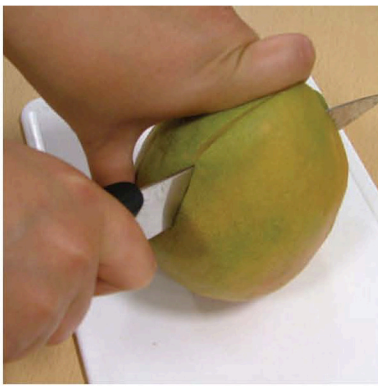


Mango



1 The mango has a stone in the centre, slice into the top until the knife hits the stone then cut down one side of the stone. Repeat with the other side.

2 Score the mango both across and down to the skin.

3 Holding the half in both hands push the underside up to force the chunks up (like a hedgehog effect).

Tips

Serve with chicken or pork and a green salad.

Can also be added to smoothies.