

Mango Chimmichurri

1 cup fresh coriander

1 cup fresh parsley (the flat leaf works best in this recipe)

1/2 cup fresh mint leaves

4 cloves garlic 180 ml olive oil

50 ml apple or red wine vinegar

30 ml honey 1 mango

Wash the herbs, remove stalks

Peel the garlic and chop

Chop the herbs and garlic as fine as possible

Mix the herbs and garlic with Salt and freshly ground Black Pepper the oil, vinegar and honey

Peel the Mango and dice very finely

Mix all the ingredients

Put in an airtight container and let it develop its unique flavour.

As an alternative blend the herbs, chopped garlic, salt and pepper with the vinegar Add the oil and pulse to mix

Add the blended mixture to the finely diced mango

The cloudy colour of the blended oil will clear up when settling