

# MANGO AND BEAN SALAD



2 servings



Prep: 10 min



Cook: 5 min

## INGREDIENTS

1 small	Mango (ripe), cubed
50g	Chickpeas (canned), drained and rinsed
50g	Kidney beans (canned), drained and rinsed
50g	Cherry tomatoes, halved
10 pcs	Green grapes, seedless, halved
100g	Rocket leaves
½ cup	Low fat yogurt
1 tbsp	Lemon juice

## METHODS

1. In a large salad bowl, add in mango, chickpeas, kidney beans, cherry tomatoes, grapes and rocket leaves.
2. Gently toss to combine.
3. In a small bowl, combine yogurt and lemon juice, mixing them well.
4. When ready to serve, pour the yogurt mixture into the large salad bowl and gently mix to combine.



MEATLESS  
MONDAY

### Nutrition Information (per serving)

Energy 203kcal, Carbohydrate 32.4g, Protein 9.5g, Fats 2.1g, Saturated Fats 0.7g, Polyunsaturated Fats 0.3g, Monounsaturated Fats 0.4g, Cholesterol 3.9mg, Dietary Fibre 6.9g, Sodium 222mg, Potassium 743mg, Phosphate 208mg

