

## Mango and Chilli Salad

Serves 2

*Courtesy of ABC Radio*

*Chef Wendy Taylor*

1 large mango  
2 long red chillies  
1 small red onion  
dark brown sugar  
Premium Grade Macadamia Oil  
rocket  
mint or coriander leaves  
macadamia nuts, optional

Peel mango and slice off the cheeks. Split chillies and remove seeds. Cut onion into 5 cm slices. Pat brown sugar onto flat section of mango and brush oil on chillies and onion. Place mango pieces with the sugar sides down onto preheated chargrill along with the onion and the chilli. Cook until the sugar caramelizes on the mango and the skin blisters on the chillies.

Dressing: 3 tablespoons macadamia oil, 2 tablespoons lime juice, 1 teaspoon fish sauce

To Serve: Place a few rocket and herb leaves on the side of a plate. Arrange mango (charred side up), chilli and onion next to greens and pour over a little dressing. Scatter a few nuts on greens.