



Mango & Feta Salsa

The divinely sweet and juicy flesh of the mango makes the perfect base for a salsa.

The salty feta cheese is a great balance for the sweetness of the mango, while the citrus juice brings a much welcome tang. If you like, you can also add some chopped chilli a little kick.

Serve with some pieces of cooked chicken, for a gorgeous lunchtime treat, or a starter to a main meal.

Ingredients

1 small or ¼ medium mango, cut in to roughly 1 cm dices

1 small or ¼ medium red onion, finely chopped

A good squeeze of lemon or lime juice

75g feta cheese, cut into roughly 1cm dices

½ red chilli, deseeded and finely chopped (optional)

2tbsp chopped fresh coriander

Salt & pepper

Roughly 120g of cooked chicken, cut into bite size pieces

Method

1. To make the salsa, simply mix all the ingredients together and taste for seasoning.

2. To assemble place 1 or 2 pieces of chicken on top of an oatcake, then spoon about ½ tbsp of the salsa.