

Salad with mango, black beans and avocado mousse

Total time **6 mins** **6 mins** preparation time

INGREDIENTS

10 portion(s)

For the salad:

- 4** ripe avocados (approx. 625 g, pure flesh)
- 25 ml** lime juice
- 25 ml** Kikkoman Naturally Brewed Soy Sauce
- 4** ripe mangos, diced (approx. 925 g / 1 x 1 cm)
- 700 g** black beans, cooked
- 120 g** red onion, finely chopped
- 5 g** fresh coriander, chopped

For the dressing:

- 50 ml** lime juice
- 90 ml** olive oil
- 75 ml** Kikkoman Naturally Brewed Soy Sauce
- 5 g** salt

For garnish:

- 5 g** coriander leaves

PREPARATION

Step 1

Purée the avocado flesh with the lime juice and Kikkoman Soy Sauce until smooth.

Step 2

Add the mango cubes, black beans, onions and coriander to a bowl. In a second bowl, whisk together the lime juice, olive oil and Kikkoman Soy Sauce to make the dressing. Pour the dressing over the mango and bean mixture.

Step 3

Serve the salad with the avocado mousse on plates and garnish with coriander.