KIKKOMAN

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.