

YIELD: 2 CUPS

Mango Habanero Salsa

Chunky or smooth, this mango habanero salsa is fruity, spicy and full of zingy lime flavors. It's addicting!

PREP TIME

15 minutes

ADDITIONAL TIME

30 minutes

TOTAL TIME

45 minutes

Ingredients

- 8 ounces diced mango (can be frozen and defrosted)
- 2 limes, juiced (about 2 tablespoons of juice)
- 1 small habanero pepper, very finely diced (remove seeds and white ribs for less heat)
- 1 teaspoon minced fresh garlic
- 1/4 of a red onion, finely diced
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup chopped fresh cilantro
- Tortilla chips, for serving

Instructions

Note: You can make this salsa in the food processor or chop it by hand, it's your choice.

1. Gather the ingredients and chop them and prep them so that you can just add them to the bowl.
2. Finely dice the mango, and add it to a serving bowl. Add the lime juice, serrano pepper, chipotle pepper, adobo sauce, garlic, salt, pepper, and chopped cilantro to the bowl with the mango.
3. Stir very well to combine. Let the salsa rest for 30 minutes before serving with tortilla chips.

Notes

Mango: You need 8 ounces (or half a pound) of mango chunks, fresh or frozen. Defrosted, if frozen.



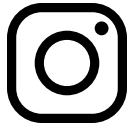
Lime Juice: Freshly squeezed lime juice is best.

Habanero Pepper: Just one habanero pepper is ENOUGH. Habaneros are super freaking spicy. Please, use gloves when handling it, and remove the seeds if you are adverse to super spicy flavors. Behind the spice is a lovely fruit note from the pepper that plays so well with the mango. Mango habanero salsa is a delicate ballet of sweet and spicy.



Nutrition Information: YIELD: 4 SERVING SIZE: 1

Amount Per Serving: CALORIES: 57 TOTAL FAT: 1g SATURATED FAT: 0g
TRANS FAT: 0g UNSATURATED FAT: 0g CHOLESTEROL: 0mg SODIUM: 270mg
CARBOHYDRATES: 15g FIBER: 2g SUGAR: 9g PROTEIN: 1g

**Did you make this recipe?**

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