

Mango Salsa

THE SAUCE AND GRAVY



CHANNEL



<https://youtu.be/TyWF7xrZ-e4>

Makes about 4 cups

This fresh mango salsa is sweet, spicy, tangy, and packed with vibrant tropical flavor. Loaded with juicy mango, pineapple, peppers, lime, and cilantro, this easy homemade salsa is perfect for tacos, grilled fish, shrimp, chicken, nachos, or simply scooping up with tortilla chips.

Bright, colorful, and refreshing, this no-cook salsa comes together quickly and is perfect for summer gatherings, taco nights, or healthy snacking.

Ingredients

1/4 cup cilantro, chopped

Juice of 1 lime

1 jalapeño pepper

1/2 cup (75 g) red bell pepper, diced

1/2 cup (75 g) orange bell pepper, diced

1 red onion (85 g), diced

1 cup (190 g) pineapple, diced

1/2 cup (110 g) tomatoes, diced

1 cup (190 g) mango, diced

1/4 cup (77 g) sweet chili sauce

2 tbsp (30 ml) extra virgin olive oil

1/2 tsp (3 g) salt

Prep Work

Finely chop the cilantro, peppers, onion, tomatoes, pineapple, and mango into bite-sized pieces for easy scooping and even flavor throughout.

If you prefer a milder salsa, remove the seeds and white membrane from the jalapeño before chopping.

Use ripe mangoes that smell sweet near the stem and feel slightly soft when gently squeezed.

To Make the Mango Salsa

Add the diced mango, pineapple, red onion, red bell pepper, orange bell pepper, tomatoes, and jalapeño to a large mixing bowl.

Pour in the sweet chili sauce, olive oil, and fresh lime juice.

Season with salt.

Add the chopped cilantro.

Gently mix everything together until evenly combined.

Taste and adjust seasoning if needed.

Serve immediately or refrigerate for 15–30 minutes to allow the flavors to blend together.

To Serve

Serve with tortilla chips, tacos, grilled fish, shrimp, chicken, pork, steak, or nachos.

Especially delicious with grilled mahi mahi, salmon, or fish tacos.

Best served chilled or slightly cool.

Tips & Substitutions

Fresh mango works best, but frozen mango thawed and drained can work in a pinch.

For extra heat, leave the jalapeño seeds in or add additional peppers.

Sweet chili sauce adds balance and mild sweetness while helping tie all the flavors together.

Fresh pineapple gives the brightest flavor, but canned pineapple may also be used.

If making ahead, stir again before serving as juices naturally collect at the bottom.

For a brighter finish, add additional lime juice right before serving.

Storage

Store covered in the refrigerator for up to 2–3 days.

For best texture and freshness, serve the same day it is prepared.