

Mango chilli cheese dip



Ingredients

125g cottage cheese
¼ of a fresh sweet mango
¼ of a red fresh chilli
Pinch of paprika
Pinch of dried mango powder
A good squeeze of lemon juice

Preparation

Finely slice and deseed the fresh red chilli.

Mash the mango.

Method

1. Cream the cottage cheese in a bowl using a wooden spoon or push through a fine mesh sieve.
2. Add the mashed mango into the cheese, together with the lemon juice.
3. Add the pinch of paprika and mango powder and finely sliced fresh red chilli, stir and serve.