

Mango Meal Planning

SHOPPING LIST

Planning your meals for the week? All the ingredients listed here will provide you with enough food for five mango-licious dinners for four people!

PRODUCE

- ☐ 8 mangos
- ☐ 2 onions
- ☐ 1 bunch of cilantro
- ☐ 2 tomatoes
- ☐ 5 fresh limes OR 1 bottle of lime juice
- ☐ 1 red bell pepper
- ☐ garlic (2 cloves)
- ☐ 3 avocados
- ☐ ginger (1 tsp)
- ☐ orange juice (1/2 cup) OR 1 fresh orange
- ☐ lemon juice (1/4 cup)
- ☐ 1 jalapeno

ITEMS YOU MAY ALREADY HAVE

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> butter | <input type="checkbox"/> cayenne pepper |
| <input type="checkbox"/> honey | <input type="checkbox"/> jerk seasoning |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> pepper |
| <input type="checkbox"/> rice | <input type="checkbox"/> kosher salt |
| <input type="checkbox"/> brown sugar | <input type="checkbox"/> paprika |
| <input type="checkbox"/> chili powder | <input type="checkbox"/> bread crumbs (1/3 cup) |

BREAD

- ☐ 6 burger buns (brioche)

MEAT

- ☐ 1 pound of salmon
- ☐ 1 pound of shrimp
- ☐ 1 pound of crab meat
- ☐ 5 bone-in chicken thighs

PACKAGED ITEMS

- ☐ 1 can of hearts of palm
- ☐ chicken broth
- ☐ coconut milk
- ☐ cashews (1/2 cup)
- ☐ quinoa (1 1/2 cups)
- ☐ rice (1 1/2 cups)
- ☐ cashews (1/2 cup)
- ☐ quinoa (1 1/2 cups)



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MANGO SHRIMP CEVICHE RECIPE

Ingredients

PRODUCE

- ☐ 1 red onion
- ☐ 2 tomatoes
- ☐ 1 fresh lime, juiced
- ☐ 1 mango
- ☐ 1/4 cup chopped cilantro

MEAT

- ☐ 1 pound large shrimp, cooked

PACKAGED ITEMS

- ☐ 1 14-ounce can of hearts of palm
- ☐ 1 tsp. kosher salt



PREP TIME: 20 MINUTES
SERVES 6-8

Instructions

1. Slice shrimp in half.
2. Dice mango, onion and seeded tomatoes.
3. Drain hearts of palm and slice into thin circles.
4. Place all of the ingredients in a bowl and stir to combine.



For more information, visit mango.org/blog-meal-planning

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MANGO JERK SALMON BURGERS RECIPE



PREP TIME: 20 MINUTES
COOK TIME: 20 MINUTES
SERVES 4-6

Instructions

1. In a small bowl, add brown sugar, jerk seasoning, paprika, cayenne, and salt and pepper and stir together until combined. Set aside.
2. Add salmon to food processor and grind until it is completely ground with a texture like ground beef or turkey. Remove from food processor and add to a large bowl.
3. Completely clean food processor or add to a blender mango and lime juice and puree until smooth.
4. To the ground salmon, add a $\frac{1}{4}$ cup of the pureed mango, all of the breadcrumbs, and $\frac{3}{4}$ s of the spice mix. With your hands, shape and form burger patties.
5. Heat a skillet with 1-2 tablespoons of oil over medium high heat or spray grill with non-stick spray. Cook patties on each side for 3-5 minutes depending on doneness you prefer.
6. Serve on brioche burger buns and top with your favorite desired toppings.

Ingredients

PRODUCE

- ☐ 2 Tbsp. plus 1 tsp. fresh lime juice
- ☐ 1 cup cubed mango (approx. 1/2 mango)

MEAT

- ☐ 1 pound salmon with skin removed

PACKAGED ITEMS

- ☐ 3 Tbsp. dark brown sugar, packed
- ☐ 1 Tbsp. jerk seasoning
- ☐ 2 tsp. smoked paprika
- ☐ 1/2 tsp. cayenne
- ☐ 1/2 tsp. salt
- ☐ 1/2 tsp. black pepper
- ☐ 1/3 cup plain bread crumbs
- ☐ Oil of choice for cooking or non-stick spray if grilling



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TROPICAL MANGO BOWLS WITH CITRUS DRIZZLE RECIPE



PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES
SERVES 4

Instructions

1. Place the cashews in a bowl and soak them while making the recipe, or at least 20 minutes.
2. Cook the quinoa: Using a strainer, rinse the quinoa under cold water, then drain it completely. Place the quinoa in a saucepan with 3 cups water. Bring it to a boil, then reduce the heat to low. Stir once, then simmer where the water is just bubbling for about 17 to 20 minutes, until the water has been completely absorbed (check by pulling back the quinoa with a fork to see if water remains). Remove from the heat, cover the pot and allow the quinoa to steam for 5 minutes, then fluff the quinoa with a fork. Stir in 1/2 teaspoon kosher salt.
3. Meanwhile, chop the mangos, avocado, and red pepper. Thinly slice the red cabbage.
4. When the quinoa is done, drain the cashews. Peel and mince the ginger. Add cashews, ginger, orange juice, lime juice, and kosher salt to the bowl of a high-speed blender. Blend until the mixture is completely smooth. Add more water as you go if needed. Taste and add more salt or lime juice if desired.
5. To serve, place the quinoa and greens in a bowl, and arrange the veggies and mango on top. Garnish with cashews and torn cilantro, and drizzle generously with dressing (make sure to use enough to flavor the entire bowl; the dressing also brings in added protein!).

Ingredients

FOR THE BOWLS

- ☐ 1 1/2 cups quinoa
- ☐ 1/2 tsp. kosher salt
- ☐ 3-4 mangos
- ☐ 1 avocado
- ☐ 1 red pepper
- ☐ 1/2 small red cabbage
- ☐ 8 cups mixed greens
- ☐ Cashews, for the garnish
- ☐ Cilantro, for the garnish (optional)

FOR THE CITRUS DRIZZLE

- ☐ 1/2 cup raw cashews
- ☐ 1 tsp. minced ginger
- ☐ 1/2 cup orange juice (1 large orange)
- ☐ 1 Tbsp. lime juice
- ☐ 1/4 tsp. kosher salt



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CHILI LIME MANGO CHICKEN & RICE RECIPE



PREP TIME: 30 MINUTES
COOK TIME: 45 MINUTES
SERVES 5

Instructions

1. FOR THE CHICKEN: Preheat oven to 375°F.
2. In a large oven safe pan (I used a cast iron pan 12 inches wide, 2 1/2 inches deep), heat oil over medium high heat. In the meantime, pat chicken thighs dry with a paper towel, and then season with salt, pepper, and chili powder on both sides. Place the chicken thighs into the pan, cooking them until they are golden brown on both sides (about 5 minutes per side). Remove from the pan and set aside. Drain oil, reserving 1 tablespoon in the pan.
3. FOR THE RICE: Over medium low heat, add onion to the oil in the pan. Sauté until soft and translucent, about 3 to 4 minutes. Add garlic and cook 1 to 2 more minutes. Add a tablespoon of butter to the pan, along with the rice. Stir to coat. Add salt, cayenne pepper, chili powder, and mango. Stir in the chicken broth and coconut milk and turn heat to medium high. Bring the liquid to a low boil for a few minutes, then add the chicken (skin side up) back into the pan, cover with a lid or aluminum foil, and carefully place in the center of the oven. Cook covered for 25 minutes, then uncover and cook for an additional 10 minutes.
4. FINISHING TOUCHES: When the rice is tender and the chicken is cooked through (internal temperature should be 165°F.), carefully remove the pan from the oven. Set the chicken thighs on a plate, and then stir the zest and juice of one lime into the rice. Place the chicken thighs on top of the rice and garnish with fresh cilantro, mango and lime slices. Serve immediately.

Ingredients

FOR THE CHICKEN

- ☐ 1 Tbsp. oil
- ☐ 5 bone-in chicken thighs
- ☐ 1 tsp. salt
- ☐ 1/4 tsp. freshly ground pepper
- ☐ 1 tsp. chili powder

FOR THE RICE

- ☐ 1 onion, diced
- ☐ 2 cloves garlic, pressed through a garlic press
- ☐ 1 Tbsp. butter
- ☐ 1 1/2 cups Arborio rice
- ☐ 1/2 tsp. salt
- ☐ 1/4 tsp. cayenne pepper
- ☐ 1 1/2 tsp. chili powder
- ☐ 1 cup cubed mango
- ☐ 4 cups chicken broth
- ☐ 1 cup coconut milk
- ☐ 1 fresh lime



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MANGO CRAB AVOCADO SALAD RECIPE

Ingredients

LEMON HERB VINAIGRETTE 🍋

- ☐ Mason jar with lid
- ☐ 1/4 cup olive oil
- ☐ 1/4 cup fresh lemon juice
- ☐ 2 teaspoon freshly chopped cilantro
- ☐ 1 tablespoon honey
- ☐ 1 teaspoon finely minced jalapeno
- ☐ pinch salt and pepper to taste

MANGO CRAB SALAD 🍊

- ☐ 1 pound fresh lump crabmeat, picked over, separated into chunks
- ☐ 2 cups cubed mango
- ☐ 1 pitted and cubed avocado
- ☐ 1 tablespoon fresh lime juice
- ☐ Pinch of salt
- ☐ 4 cups chopped romaine lettuce



PREP TIME: 20 MINUTES
SERVES 4-6

Instructions

1. Lemon Herb Vinaigrette: Add all ingredients to a mason jar and shake till mixed well. Serve over mango crab salad.
2. Mango Crab Salad: Combine all of the first five ingredients and mix carefully in a separate bowl. Serve over lettuce with vinaigrette.



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