

HOW TO CUT

EASY PEEL & CUT DEMO INSTRUCTIONS

A mango has one long, flat seed in the center of the fruit. Once you learn how to work around the seed, the rest is easy. Always use a clean knife and cutting board to cut a mango. Sanitize your hands, work area, utensils and cutting board before handling or cutting any fruits or vegetables, especially if you've handled any type of meat or seafood.

HOW TO CUT A MANGO INTO SLICES



1
Slice each side just past the seed, about 1/4 inch from the center.



2
Slice the flesh without breaking the skin.



3
Scoop out chunks with a large spoon and enjoy!

HOW TO CUT A MANGO USING A MANGO SPLITTER



1
Stand the mango stem-end down on a cutting board. Align the Mango Splitter with the widest part of the fruit and center it over the top.



2
Firmly push down to separate the mango flesh from the seed.



3
Use the "Slice and Scoop" method to cut the mango into cubes or slices and separate the flesh from the skin.

VIDEO:
HOW TO CUT A MANGO

mango.org/how-to-cut-a-mango



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MORE WAYS TO PEEL A MANGO



WITH A GLASS — this works well for a fully ripe mango



WITH A LARGE SPOON — this works well for a fully ripe mango



WITH A PEELER — this works best for firmer mango that is unripe or just about ripe.



WITH A KNIFE — this works best for firmer mango that is unripe or medium ripe and require extra care when handling.

For recipes, inspiration,
and more information,
visit [Mango.org](https://mango.org).

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