



# Mango Lassi Kit

with Greek Style Yoghurt and Honey

**Breakfast** 5-10 Minutes • 1 of your 5 a day • Veggie

23A

Find all your unchilled Market items in bag A.



Mango



Greek Style Natural Yoghurt



Honey



**Pantry Items**  
Milk, Salt

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Blender.

## Ingredients

Ingredients	Quantity
Mango**	2
Greek Style Natural Yoghurt** 7)	150g
Honey	30g

Pantry	Quantity
Milk*	200ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving 550g	Per 100g 100g
Energy (kJ/kcal)	1764 /422	321 /77
Fat (g)	13.8	2.5
Sat. Fat (g)	5.7	1.0
Carbohydrate (g)	72.3	13.2
Sugars (g)	71.2	13.0
Protein (g)	9.8	1.8
Salt (g)	0.57	0.10

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

### 7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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1



2



3



## Hello Mango

**a)** Peel the **mangoes**. Slice down either side of the stone to make 2 'cheeks'. Cut any remaining flesh from the stone, then cut the **mango** into large pieces (discard the stone). Pop into your blender.

**b)** Add the **Greek style yoghurt, honey, milk** (see pantry for amount) and a **pinch of salt** to the blender. **TIP:** *If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.*

## Taste and Adjust

**a)** Blend until smooth, 1-2 mins, or until the **lassi** is the consistency you like.

**b)** If you like your **smoothie** a little sweeter, add extra **honey** to taste.

**c)** To make your **smoothie** colder and thicker, add a **few ice cubes** and blend until smooth, we recommend about **4 ice cubes**.

## Serve up your Smoothie

**a)** Divide your **mango lassi** between 2 glasses to finish. **TIP:** *Your mango lassi is best enjoyed freshly made.*

Enjoy!