Almost Raw Asparagus Mango Salad Recipe

This is such an amazing dish, and so easy to prepare! It’s sure to impress even an those who aren’t fond of asparagus. If you are looking to go 10% raw, that’s easy too. Just don’t boil the vinegar, and cut the amount of vinegar you use in half. You may want to sweeten it a bit, as balsamic vinegar reduction is very sweet, but the mangos may take care of that so taste it before sweetening.

Ingredients

- 2 pounds asparagus
- 1 large mango
- 1 cup balsamic vinegar
- Hot sauce to taste (I use a peach habanera hot sauce I love!)

Instructions

Boil balsamic vinegar for 3 minutes to create a reduction (making the vinegar sweeter and thicker). Cut off tough ends of asparagus. Combine all ingredients and let set for 3 hours in refrigerator.

Alternatively you can cook the asparagus lightly if you prefer. In the image above I used three kinds of asparagus, and cook the purple and white variety lightly and left the smaller green asparagus raw. It’s also good served room temperature or warm if you chose.