



# RECIPE INFORMATION

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## Abalone Mint and Mango Salad

### Ingredients:

1 x Blacklip abalone  
1 x Small mint bunch  
1 x Mango  
Salt  
Pepper  
Olive oil  
Butter

### Method:

1. Tenderise abalone in retort pack until you can bend it easily, 30 sec both sides
2. Cut pack open and drain (keep juice in a cup to one side)
3. Thinly slice abalone meat
4. Dice mango and mint and place in separate bowl until ready to mix together
5. Place butter in a medium to hot pan, once melted add the juice of abalone, then the sliced abalone and take off the heat once warmed through.
6. Combine all ingredients in a bowl and mix together.
7. Season with salt, pepper and olive oil.

WILD ABALONE AVAILABLE FOR PURCHASE THROUGH THESE OUTLETS

