



PARVEEN'S INDIAN KITCHEN

MANGO MESS



INGREDIENTS

- 400ml whipping cream
- 100ml natural yoghurt
- 1-2 tsp sugar
- ½ tsp cardamom
- 150ml tinned mango pulp
- 3 ready-made meringues
- 2 small, ripe mangoes, diced
- 3 passion fruits, halved

SERVES 4-6

METHOD

1. Whip the cream until it forms soft peaks, then fold in the yoghurt, sugar and cardamom.
2. Add two-thirds of the mango pulp then swirl through to create a marble effect.
3. Crumble the meringues then divide between serving bowls, spoon over the whipped cream.
4. Top with the fresh mango (you could layer the meringue and mango too), then drizzle over the remaining mango pulp and passion fruit. Serve and enjoy!

Parveen
x

To find out more...

parveenashraf.com

