

Nisha Katona's refreshing mango and mint fool

Looking for a light but bright pudding that's dead easy to put together?

This mango and mint fool from food writer and restaurateur Nisha Katona could tick all the boxes.

Nisha was a child protection barrister for 20 years before opening her first Mowgli restaurant in Liverpool in 2014. Now she has numerous branches (the latest just opened in London), a charitable trust to manage plus and various cookbooks under her belt.

Her latest release, 30 Minute Mowgli, was born from lockdown cooking, when shopping was limited and ingredients restricted.

"You should be able to find Alphonso or Kesar mango pulp in any Asian grocers, but you could use tinned mango slices or even fresh mango without any issues here," says Nisha.

"Mint and mango work wonderfully together, and this simple dessert is sweet, creamy and refreshing. The perfect way to end a meal."



INGREDIENTS

(SERVES 4)

425g/15oz canned Alphonso mango pulp or tinned mango slices

Juice and zest of 1 lime

175ml/6fl oz double/heavy cream

2tsp caster/superfine sugar

3tbsp Greek yoghurt

2tbsp chopped fresh mint leaves

1tbsp toasted coconut flakes

METHOD

1 MANGO AND MINT FOOL. Put the mango pulp or slices and lime juice into the bowl of a food processor and process until smooth. Set aside.

2 Pour the double/heavy cream into a bowl and beat with an electric or handheld whisk until soft peaks form. Add the sugar, yoghurt and mint leaves to the bowl and fold through the cream, then add the mango purée and gently ripple it through the cream mixture.

3 Spoon the mixture into serving bowls or glasses and transfer to fridge to set for 15-20 minutes, or longer if you want to make this ahead. Garnish the fools with the lime zest and toasted coconut flakes before serving.

From 30 Minute Mowgli by Nisha Katona, published by Nourish Books, priced £25

