

# Mango-Zwiebel-Salat (Kachumbar)

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**Typ:** Salat

**Quelle:** Dina Macki (Bahari), S 121

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**Bemerkungen:** Kachumbar, sometimes known as kachumbari, derives from India, but made its way to the Swahili coast. There are variations, but the principle idea is to have lots of onions and to cut the salad ingredients into very small pieces. Kachumbar was my first introduction to salad; we had it with every rice meal when I was a kid, and it was something my cousins and I would fight for at the table. The person who got the last portion also got to drink the lemon juice, which was my favourite part. I remember when I would visit my school friends at their homes, I was so confused as to why their salads were just lettuce leaves and maybe some tomato and cucumber, but never any lemon. At the same time, they found me odd for having lemon and onions in my salad! I love to add fruits to this salad; Bibi has always added grapes and apples, while my mum opts for mango. My addition has always been pomegranate seeds, of course.

**Zutaten**    large onion, finely diced  
                 salt, to taste  
                 1 ripe mango, finely diced  
                 seeds of 1 pomegranate  
                 ½ cucumber, finely diced  
                 2 tomatoes, finely diced  
                 15 g coriander (cilantro), finely chopped  
                 juice of 1½ lemons

**Rezept:**    Soak the diced onion in a bowl of water with a pinch of salt and let it sit for at least 10 minutes. This removes the bitterness.

Combine the mango, pomegranate seeds, cucumber, tomatoes and coriander in a bowl, then drain the onion and stir this in, too.

Squeeze in the lemon juice and season with salt to your taste, then serve as a side dish.