



MUKUNUWENNA MALLUM

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STIR-FRIED MUKUNUWENNA WITH GRATED COCONUT

“Mallum” literally meaning, “to mix up”, this is a simple stir-fry of “mukunuwenna” or sessile joyweed, an aquatic plant commonly found in Sri Lanka. Its tender stems, leaves and young shoots are consumed as a vegetable and packed with medicinal benefits, pairing wonderfully with rice and curry.

INGREDIENTS

250g mukunuwenna, cleaned and drained
20g garlic, chopped
100g red onions, sliced
25g green chillies, sliced
3g curry leaves
50g freshly grated coconut
5g turmeric powder
10g chilli flakes
5g mustard seeds
10ml fresh lime juice
5g salt
5ml vegetable oil

METHOD

1. Pick only tender stems, young shoots and leaves from the mukunuwenna. Bunch together and finely shred. Set aside.
2. Add the garlic, onions, green chillies, curry leaves, grated coconut, turmeric powder, chilli flakes and salt into a bowl and mix well. Set aside.
3. Heat oil in a large heavy-based pan over medium heat. Add mustard seeds and shredded mukunuwenna.
4. Sauté for 2 minutes before adding mixed contents from the bowl. Stir-fry for 2-3 more minutes. Drizzle lime juice over and serve.



SERVING SIZE
2 portions