



# Kale & Silverbeet Mallung

Serves: 6

## INGREDIENTS:

- 1 tbsp olive oil
- 2 shallots, finely sliced
- 1 tsp black mustard seeds
- 12 curry leaves
- 1 tsp ground turmeric
- 2 green chillies, finely sliced
- 1 fresh coconut, grated to make 1 packed cup
- ½ tsp salt
- 1 small bunch kale, leaves finely shredded
- 1 small bunch silverbeet, leaves finely shredded
- Juice of half a lemon



## METHOD:

1. Prepare all the ingredients based on the instructions in the ingredients list
2. Heat the olive oil in a large frying pan on medium high heat
3. Add the sliced shallots and mustard seeds to the frying pan. Stir with a wooden spoon until the mustard seeds begin to pop.
4. Put the curry leaves, turmeric and green chillies into the pan and cook until the curry leaves begin to crisp and brown.
5. Place the grated coconut and salt into the pan and stir for another minute or so.
6. Add the kale and silverbeet to the shallots and spice mixture and cook, tossing for a couple of minutes or until the greens are slightly wilted.
7. Transfer to a serving dish and sprinkle with lemon juice.