

# Kale and Silverbeet Mallung

**Difficulty:** Easy

**Type:** Side dish

**Allergy advice:** Fructose

**Serves:** 30-36 tastes

**Cuisine:** Sri Lankan

**From the garden:** Kale, Silverbeet, spring onion, lemons, green chillies  
**Season:** Autumn/Winter

Equipment	Ingredients
<ul style="list-style-type: none"> <li>Measuring cups and spoons</li> <li>Chopping boards and mats</li> <li>Cooks knives</li> <li>Citrus Juicer</li> <li>Large non-stick frying pan</li> <li>Wooden spoon</li> <li>4 serving dishes</li> </ul>	<ul style="list-style-type: none"> <li>1 tbsp olive oil</li> <li>2 spring onions finely sliced</li> <li>1 tsp black mustard seeds</li> <li>12 curry leaves</li> <li>1 tsp ground turmeric</li> <li>2 green chillies, finely sliced</li> <li>1 packed cup of shredded coconut (re-hydrated in a small amount of hot water)</li> <li>½ tsp salt</li> <li>1 small bunch of Kale, leaves finely shredded</li> <li>1 small bunch of Silverbeet, leaves finely shredded.</li> <li>Juice of ½ a lemon.</li> </ul>

## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Heat the olive oil in the frying pan on medium-high heat.
3. Add the sliced spring onions and mustard seeds to the frying pan. Stir with a wooden spoon until all 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 coconut and salt into the pan and stir for another minute or so.
6. Add the Kale and Silverbeet to the spring onions and spice mixture and cook, tossing for a couple of minutes, or until the greens are slightly wilted.
7. Transfer to the serving dishes and sprinkle with lemon juice.