

Hathmaluwa

Ingredients

- g Brinjal
- g Wattakka Leaves
- g Sarana
- g Beans
- g Sweet potato
- g Cashew
- oz Kos Ata
- tbsp CMP
- 1/4 1/4 tsp Salt & Pepper
- g Onion
- oz Garlic
- Leaf Pandan Leaves
- Leaf Curry Leaves
- 1/2 1/2 tsp Turmeric
- tsp Pepper
- tsp Curry powder
- 1/2 1/2 tsp Mustard
- Medium Green chilis
- Stick Cinnamon
- tsp MAGGI Rasa Musu

Instructions

1. Add Jack Seeds, Cashew, Sweet Potato, Brinjal, Pepper, Curry Powder, Salt, Mustard, Turmeric, Garlic, Red Onions, Green Chillies, Curry Leaves & Pandan Leaves, Cinnamon and mix well.
2. Pour in Maggi Coconut Milk and mix well.
3. Allow to boil and add long Beans and mix well.
4. Then add Wattakka leaves, Sarana and mix well.
5. Finally add Maggi Rasamusu and mix well.

Nutrition

Carbohydrates	191.48 g
Energy	698.72 kcal
Fats	17.26 g
Fiber	11.61 g
Protein	34.99 g
Sodium	328.79 mg
Sugars	6.15 g

15 Minutes

7 Portions