Kulhlhafilaa Faiy Salad

Local roquette with snake gourd, cherry tomato, and coconut–lime vinaigrette

Ingredients

Item	Quantity
Kulhlhafilaa faiy (local rocket)	60 g
Snake gourd (peeled, thinly sliced)	80 g
Cherry tomatoes, halved	60 g
Crispy fried onion	20 g
Thinly shaved fresh coconut toasted	25 g
Toasted kanamadhu (optional, for texture)	10 g
Sea salt & black pepper	to taste

For the coconut–lime vinaigrette:

- Coconut milk – 40 ml
- Fresh lime juice – 15 ml
- Lime zest – ½ tsp
- Palm vinegar – 10 ml
- Coconut oil – 15 ml
- Sugar – 1 tsp
- Sea salt – pinch

Method

Veganuary Kulhlhafilaa Faiy Salad

Prepare the vegetables

- Slice snake gourd thinly.
- Halve the cherry tomatoes.
- Wash and dry the kulhlhafilaa leaves gently to keep their structure.

Make the vinaigrette

In a small bowl, whisk together coconut milk, lime juice, zest, palm vinegar, and coconut oil until emulsified.
Season with salt and a touch of sugar to balance the acidity.
Chill for **10–15 minutes** to let the flavors infuse.

Assemble the salad

In a mixing bowl, toss the rocket, snake gourd, and cherry tomato lightly with the vinaigrette, just enough to coat.
Fold in the toasted coconut and season with salt and black pepper.

Finish & garnish

Transfer to a chilled plate or shallow bowl.
Top with crispy onions for crunch, and if desired, sprinkle with toasted kanamadhu for extra nuttiness.
Drizzle a touch more vinaigrette and a few drops of coconut oil