



Fast Kine (what you got in the fridge kine) Lau Lau

Featuring Maui Sunflower Oil

Compliments of our customer Mele Kalama-Kingma

INGREDIENTS:

- Five lau from @hookuaaina
- 3oz local/organic protein of choice
- Handful pa'akai
- 1 tsp local sunflower oil from @maidenhawaiinaturals
- 1 tbsp coconut milk or coconut cream
- Local Kalo, 'uala @hookuaaina
- Organic Carrots, 1 garlic clove (+ whatever else you like)

DIRECTIONS:

- Lay lau flat in your hand
- Place protein, salt and oil
- Add the rest of the ingredients
- Coconut milk over all
- Wrap it up like a burrito
- Ti leaf wrap (or less ideal aluminum foil)
- Steam until cooked (3-4 Hours)
- Enjoy!



maidenhawaiinaturals That looks delicious!! Thanks for featuring our @maidenhawaiinaturals Maui Sunflower Culinary Oil in this dish, Mele! You're inspiring all of us to eat local 🌈



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Tag @mamalahawaii
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