**1. Kurakkan Kanda (Kurakkan Porridge)**

**Ingredients**:

* Kurakkan flour – 50g
* Water – 200ml
* Coconut milk – 50ml
* Salt – a pinch

**Preparation**:

1. Boil water and add Kurakkan flour.
2. Stir continuously until it thickens.
3. Add coconut milk and salt, cook for another 2-3 minutes.

**Portion Size**: 1 bowl (150g)

**2. Kurakkan Roti (Kurakkan Flatbread)**

**Ingredients**:

* Kurakkan flour – 100g
* Water – 100ml
* Salt – 1/2 tsp
* Coconut oil – 1 tsp

**Preparation**:

1. Mix Kurakkan flour, salt, and water to form a dough.
2. Divide the dough into small balls and flatten them into roti shapes.
3. Heat a pan with coconut oil and cook each side for 2-3 minutes.

**Portion Size**: 2 roti (100g)

**3. Kurakkan Thalapa (Kurakkan Pancakes)**

**Ingredients**:

* Kurakkan flour – 100g
* Water – 150ml
* Cumin seeds – 1/2 tsp
* Salt – 1/2 tsp

**Preparation**:

1. Mix Kurakkan flour, water, cumin seeds, and salt.
2. Heat a non-stick pan and pour a thin layer of batter.
3. Cook until golden brown on both sides.

**Portion Size**: 3 pancakes (120g)

**4.Kurakkan Pittu (Kurakkan Steamed Rice Flour)**

**Ingredients**:

* Kurakkan flour – 100g
* Grated coconut – 50g
* Salt – 1/2 tsp
* Water – 100ml

**Preparation**:

1. Mix Kurakkan flour and salt.
2. Gradually add water and mix until the dough forms.
3. Layer the dough with grated coconut in a steamer and steam for 15 minutes.

**Portion Size**: 2 pieces (150g)

**5. Brown Bread (Kurakkan)**

**Ingredients**:

* Kurakkan flour – 100g
* Whole wheat flour – 100g
* Yeast – 1 tsp
* Salt – 1/2 tsp
* Water – 150ml

**Preparation**:

1. Mix flours, yeast, and salt in a bowl.
2. Gradually add water to form a dough.
3. Let the dough rise for 1 hour, then shape into a loaf.
4. Bake at 180°C for 25 minutes.

**Portion Size**: 1 slice (50g)

**6. Thebu Sambol**

**Ingredients**:

* Grated coconut – 30g
* Thebu (wild leaf) – 5-6 leaves (chopped)
* Green chilies – 1 (chopped)
* Onion – 1 (finely chopped)
* Salt – to taste
* Lime juice – 1 tsp

**Preparation**:

1. Mix grated coconut, chopped Thebu leaves, and green chilies.
2. Add finely chopped onion, salt, and lime juice.
3. Mix well and serve.

**Portion Size**: 2 tbsp (30g)

**7. Gotukola Sambol**

**Ingredients**:

* Gotukola leaves – 1 cup (chopped)
* Grated coconut – 2 tbsp
* Green chilies – 1 (chopped)
* Lime juice – 1 tsp
* Salt – to taste

**Preparation**:

1. Mix Gotukola leaves and grated coconut.
2. Add chopped green chilies, lime juice, and salt.
3. Stir well and serve.

**Portion Size**: 2 tbsp (30g)

**8.Mugunuwanna Sambol**

**Ingredients**:

* Mugunuwanna leaves – 1 cup (chopped)
* Grated coconut – 2 tbsp
* Green chilies – 1 (chopped)
* Salt – to taste
* Lime juice – 1 tsp

**Preparation**:

1. Mix Mugunuwanna leaves and grated coconut.
2. Add chopped green chilies, lime juice, and salt.
3. Stir and serve fresh.

**Portion Size**: 2 tbsp (30g)

**9. SL Wild Leaf Curry (Thampala)**

**Ingredients**:

* Thampala leaves – 1 cup (chopped)
* Coconut milk – 100ml
* Onion – 1 (chopped)
* Garlic – 2 cloves (minced)
* Curry leaves – 1 sprig
* Salt – to taste

**Preparation**:

1. Sauté onion, garlic, and curry leaves in a pan.
2. Add Thampala leaves and cook for 5 minutes.
3. Add coconut milk and simmer for 10-15 minutes.

**Portion Size**: 1/2 cup (150g)

**10. Niwithi Dish**

**Ingredients**:

* Niwithi leaves – 1 cup (chopped)
* Grated coconut – 2 tbsp
* Garlic – 2 cloves (minced)
* Onion – 1 (chopped)
* Lime juice – 1 tsp
* Salt – to taste

**Preparation**:

1. Sauté onion and garlic in a pan.
2. Add Niwithi leaves and cook for 5 minutes.
3. Add grated coconut and lime juice, stir, and serve.

**Portion Size**: 1/2 cup (150g)

#### 11. ****Star Fruit Salad****

**Ingredients**:

* Star fruit – 1 (sliced)
* Cucumber – 1/2 (sliced)
* Lime juice – 1 tsp
* Salt – a pinch

**Preparation**:

1. Slice the star fruit and cucumber.
2. Mix together with lime juice and a pinch of salt.

**Portion Size**: 1/2 cup (100g)

**12. Weralu Fruit Chutney**

**Ingredients**:

* Weralu fruit – 1 (peeled and diced)
* Sugar (or stevia) – 1 tsp
* Salt – a pinch
* Vinegar – 1 tsp

**Preparation**:

1. Dice the Weralu fruit and cook in a pot with sugar, salt, and vinegar.
2. Simmer for 10 minutes until thickened.

**Portion Size**: 1 tbsp (20g)

**13. Anoda Juice (Soursop)**

**Ingredients**:

* Soursop pulp – 1/2 cup
* Water – 100ml
* Lime juice – 1 tsp
* Sweetener (stevia or honey) – to taste

**Preparation**:

1. Blend the soursop pulp with water and lime juice.
2. Sweeten as desired and serve chilled.

**Portion Size**: 1/2 cup (100ml)

**14. Nelli Fruit Juice**

**Ingredients**:

* Nelli fruit – 4-5 (crushed)
* Water – 100ml
* Sweetener (stevia or honey) – to taste

**Preparation**:

1. Crush the Nelli fruit and mix with water.
2. Strain and add sweetener.
3. Serve chilled.

**Portion Size**: 1/2 cup (100ml)

**15. Pebble Tamarind Sauce**

**Ingredients**:

* Pebble tamarind – 1 tbsp (soaked)
* Water – 50ml
* Salt – to taste

**Preparation**:

1. Soak the Pebble tamarind in water for 10 minutes.
2. Blend and strain the juice.
3. Add salt and serve as a tangy sauce.

**Portion Size**: 1 tbsp (15g)

**16. Abarella Fruit Juice**

**Ingredients**:

* Abarella fruit – 1 (peeled and crushed)
* Water – 100ml
* Lime juice – 1 tsp
* Sweetener (stevia or honey) – to taste

**Preparation**:

1. Crush the Abarella fruit and blend with water and lime juice.
2. Strain and sweeten as desired.

**Portion Size**: 1/2 cup (100ml)

**17. Beli/Bael Fruit Smoothie**

**Ingredients**:

* Beli fruit pulp – 2 tbsp
* Yogurt – 100g
* Water – 50ml
* Sweetener (stevia or honey) – to taste

**Preparation**:

1. Blend Beli fruit pulp with yogurt, water, and sweetener.
2. Serve chilled.

**Portion Size**: 1/2 cup (100ml)

**18. Woodapple Juice**

**Ingredients**:

* Woodapple pulp – 2 tbsp
* Water – 100ml
* Lime juice – 1 tsp
* Sweetener (stevia or honey) – to taste

**Preparation**:

1. Blend the woodapple pulp with water and lime juice.
2. Sweeten as desired and serve chilled.

**Portion Size**: 1/2 cup (100ml)

**19. Polpala Drink**

**Ingredients**:

* Polpala leaves – 1 cup (fresh)
* Water – 250ml
* Lime juice – 1 tsp
* Sweetener (stevia or honey) – to taste

**Preparation**:

1. Boil Polpala leaves in water for 5 minutes.
2. Strain and add lime juice and sweetener.
3. Serve chilled or at room temperature.

**Portion Size**: 1 cup (200ml)

**20. Belimal Tea**

**Ingredients**:

* Belimal leaves – 2-3 (fresh)
* Water – 250ml
* Honey – 1 tsp (optional)

**Preparation**:

1. Boil Belimal leaves in water for 5 minutes.
2. Strain and add honey if desired.
3. Serve hot.

**Portion Size**: 1 cup (200ml)

**21. Ranawara Tea**

**Ingredients**:

* Ranawara leaves – 2-3 (fresh)
* Water – 250ml
* Honey – 1 tsp (optional)

**Preparation**:

1. Boil Ranawara leaves in water for 5 minutes.
2. Strain and add honey for sweetness if needed.
3. Serve hot.

**Portion Size**: 1 cup (200ml)

**22. Iramusu Tea**

**Ingredients**:

* Iramusu root – 1 small piece (sliced)
* Water – 250ml
* Honey – 1 tsp (optional)

**Preparation**:

1. Boil Iramusu root in water for 5-10 minutes.
2. Strain and add honey to taste.
3. Serve hot.

**Portion Size**: 1 cup (200ml)

**23. Nilkatarolu Juice**

**Ingredients**:

* Nilkatarolu leaves – 1/2 cup (fresh)
* Water – 100ml
* Sweetener (stevia or honey) – to taste

**Preparation**:

1. Blend Nilkatarolu leaves with water.
2. Strain and sweeten as desired.
3. Serve chilled.

**Portion Size**: 1/2 cup (100ml)

**24. Bovitiya Tea**

**Ingredients**:

* Bovitiya leaves – 1-2 (fresh)
* Water – 250ml
* Honey – 1 tsp (optional)

**Preparation**:

1. Boil Bovitiya leaves in water for 5 minutes.
2. Strain and add honey to taste.
3. Serve hot.

**Portion Size**: 1 cup (200ml)

**25 Jackfruit Leaf Soup**

**Ingredients**:

* Jackfruit leaves – 4-5 (fresh)
* Water – 250ml
* Onion – 1 (chopped)
* Garlic – 2 cloves (minced)
* Salt – to taste

**Preparation**:

1. Boil Jackfruit leaves with water for 10 minutes.
2. Add chopped onion, garlic, and salt. Simmer for another 5 minutes.
3. Serve hot.

**Portion Size**: 1 cup (200ml)

**26. Garlic and Tomato Soup**

**Ingredients**:

* Garlic – 4 cloves (minced)
* Tomatoes – 2 (chopped)
* Onion – 1 (chopped)
* Water – 250ml
* Salt – to taste

**Preparation**:

1. Sauté garlic and onions in a pan.
2. Add chopped tomatoes and cook for 5 minutes.
3. Add water and salt, simmer for 10 minutes, then blend until smooth.
4. Serve hot.

**Portion Size**: 1 cup (200ml)

**27. Karapincha Soup**

**Ingredients**:

* Karapincha leaves – 1/2 cup (fresh)
* Water – 250ml
* Onion – 1 (chopped)
* Garlic – 2 cloves (minced)
* Salt – to taste

**Preparation**:

**28. Mushroom Soup**

**Ingredients**:

* Mushrooms – 1/2 cup (chopped)
* Onion – 1 (chopped)
* Garlic – 2 cloves (minced)
* Water – 250ml
* Salt – to taste

**Preparation**:

1. Sauté mushrooms, onion, and garlic in a pan.
2. Add water and simmer for 10 minutes.
3. Blend until smooth and serve.

**Portion Size**: 1 cup (200ml)

**29. Kola Kanda**

**Ingredients**:

* Kola leaves (gotu kola, karapincha,hathawariya,walpenela) – 1/2 cup (chopped)
* Rice – 1/4 cup
* Salt – to taste
* Water – 200ml

**Preparation**:

1. Boil rice and Kola leaves in water until soft.
2. Add salt to taste and serve.

**Portion Size**: 1 bowl (200g)

1. Add chopped onion, garlic, and salt. Simmer for 5 minutes.
2. Serve hot.

**Portion Size**: 1 cup (200ml)

**30. Lunu Kanda**

**Ingredients**:

* Fresh herbs ( karapincha) – 1/2 cup (chopped)
* Rice – 1/4 cup
* Salt – to taste
* Water – 200ml

**Preparation**:

1. Boil rice and fresh herbs together in water until soft.
2. Add salt to taste and serve.

**Portion Size**: 1 bowl (200g)

**31. Mung Bean Curry**

**Ingredients**:

* Mung beans – 1/2 cup
* Onion – 1 (chopped)
* Garlic – 2 cloves (minced)
* Coconut milk – 100ml
* Curry leaves – 1 sprig
* Salt – to taste

**Preparation**:

1. Boil mung beans until soft.
2. Sauté onion, garlic, and curry leaves in a pan.
3. Add boiled mung beans and coconut milk, simmer for 10 minutes.

**Portion Size**: 1/2 cup (150g)

**32. Papaya Curry**

**Ingredients**:

* Papaya – 1/2 (peeled and diced)
* Onion – 1 (chopped)
* Garlic – 2 cloves (minced)
* Coconut milk – 100ml
* Curry leaves – 1 sprig
* Salt – to taste

**Preparation**:

1. Sauté onion, garlic, and curry leaves in a pan.
2. Add diced papaya and cook for 5 minutes.
3. Add coconut milk and simmer for 10-15 minutes.

**Portion Size**: 1/2 cup (150g)

**33. Garlic Curry**

**Ingredients**:

* Garlic – 10 cloves (peeled)
* Onion – 1 (chopped)
* Coconut milk – 100ml
* Curry leaves – 1 sprig
* Salt – to taste

**Preparation**:

1. Sauté garlic and onion in a pan.
2. Add curry leaves and cook for 2-3 minutes.
3. Add coconut milk, simmer for 10 minutes, and serve.

**Portion Size**: 1/2 cup (150g)

**34. Jack Seed Dish**

**Ingredients**:

* Jackfruit seeds – 1/2 cup (boiled)
* Onion – 1 (chopped)
* Garlic – 2 cloves (minced)
* Coconut milk – 100ml
* Curry leaves – 1 sprig
* Salt – to taste

**Preparation**:

1. Boil the jackfruit seeds until soft.
2. Sauté onion, garlic, and curry leaves in a pan.
3. Add boiled jackfruit seeds and coconut milk, simmer for 10 minutes.

**Portion Size**: 1/2 cup (150g)

**35. Karawila (Bitter Gourd) Curry**

**Ingredients**:

* Bitter gourd – 1 (sliced)
* Onion – 1 (chopped)
* Garlic – 2 cloves (minced)
* Coconut milk – 100ml
* Salt – to taste

**Preparation**:

1. Sauté onion, garlic, and bitter gourd in a pan.
2. Add coconut milk and simmer for 10-15 minutes.

**Portion Size**: 1/2 cup (150g)

**36. Del (Breadfruit) Curry**

**Ingredients**:

* Breadfruit – 1/2 (peeled and chopped)
* Onion – 1 (chopped)
* Garlic – 2 cloves (minced)
* Coconut milk – 100ml
* Salt – to taste

**Preparation**:

1. Sauté onion, garlic, and breadfruit in a pan.
2. Add coconut milk and simmer for 10-15 minutes.

**Portion Size**: 1/2 cup (150g)

**37. Ash Banana (Alu Kesel) Curry**

**Ingredients**:

* Ash bananas – 3 (peeled and sliced)
* Onion – 1 (chopped)
* Garlic – 2 cloves (minced)
* Coconut milk – 100ml
* Salt – to taste

**Preparation**:

1. Sauté onion, garlic, and sliced bananas in a pan.
2. Add coconut milk and simmer for 10 minutes.

**Portion Size**: 1/2 cup (150g)

**38. Pol Sambol**

**Ingredients**:

* Grated coconut – 1/2 cup
* Red onion – 1 small (finely chopped)
* Maldive fish (optional) – 1 tbsp
* Chili powder – 1 tsp
* Salt – to taste
* Lime juice – 1 tsp

**Preparation**:

1. Mix grated coconut, chopped onion, Maldive fish (if using), chili powder, and salt.
2. Add lime juice and mix well.
3. Serve with rice or as a side.

**Portion Size**: 2 tbsp (30g)

**39. Coconut Jelly**

**Ingredients**:

* Coconut milk – 100ml
* Agar-agar powder – 1 tsp
* Sweetener (stevia or honey) – to taste
* Water – 100ml

**Preparation**:

1. Dissolve agar-agar powder in water and bring to a boil.
2. Add coconut milk and sweetener. Stir and cook for 5 minutes.
3. Pour into a mold and allow it to set in the fridge for 2 hours.

**Portion Size**: 2-3 small cubes (30g)

**40. Kirihodi (Coconut Milk Gravy)**

**Ingredients**:

* Coconut milk – 100ml
* Onion – 1 (chopped)
* Garlic – 2 cloves (minced)
* Curry leaves – 1 sprig
* Salt – to taste
* Pepper – 1/2 tsp

**Preparation**:

1. Sauté onion, garlic, and curry leaves in a pan.
2. Add coconut milk and simmer for 10 minutes.
3. Season with salt and pepper, and serve.

**Portion Size**: 1/2 cup (100g)

**41. Hoppers (Appa)**

**Ingredients**:

* Rice flour – 1/2 cup
* Yeast – 1/2 tsp
* Coconut milk – 100ml
* Salt – to taste
* Water – as needed

**Preparation**:

1. Mix rice flour, yeast, salt, and water to make a batter.
2. Add coconut milk and let it ferment for 2 hours.
3. Heat an Appa pan, pour the batter, and cook until the edges are crispy.
4. Serve with Pol Sambol or curry.

**Portion Size**: 1-2 hoppers (75g)

**42. String Hoppers (Idiyappam)**

**Ingredients**:

* Rice flour – 1/2 cup
* Water – 100ml
* Salt – to taste

**Preparation**:

1. Mix rice flour and salt with water to form a dough.
2. Fill a string hopper press and press the dough into thin noodles onto a steamer.
3. Steam for 10 minutes.
4. Serve with coconut milk or curry.

**Portion Size**: 1 serving (5-6 pieces, approx. 75g)

**43. Sukuma Curry (Morunga)**

**Ingredients**:

* Morunga leaves (Sukuma) – 1/2 cup
* Onion – 1 (chopped)
* Garlic – 2 cloves (minced)
* Coconut milk – 100ml
* Curry powder – 1 tsp
* Salt – to taste

**Preparation**:

1. Sauté onion and garlic in a pan.
2. Add curry powder, followed by Moringa leaves, and cook for 5 minutes.
3. Add coconut milk and simmer for 10 minutes.
4. Serve hot.

**Portion Size**: 1/2 cup (150g)

**44. Soya Bean Curry**

**Ingredients**:

* Soya beans – 1/2 cup
* Onion – 1 (chopped)
* Garlic – 2 cloves (minced)
* Coconut milk – 100ml
* Curry leaves – 1 sprig
* Salt – to taste

**Preparation**:

1. Boil soya beans until soft.
2. Sauté onion, garlic, and curry leaves in a pan.
3. Add boiled soya beans and coconut milk, cook for 10 minutes.

**Portion Size**: 1/2 cup (150g)

**45. Cabbage Curry**

**Ingredients**:

* Cabbage – 1 cup (shredded)
* Onion – 1 (chopped)
* Garlic – 2 cloves (minced)
* Coconut milk – 100ml
* Curry powder – 1 tsp
* Salt – to taste

**Preparation**:

1. Sauté onion, garlic, and curry powder in a pan.
2. Add cabbage and cook until soft.
3. Add coconut milk and simmer for 10 minutes.

**Portion Size**: 1/2 cup (150g)

**46. Carrot and Potato Curry**

**Ingredients**:

* Carrots – 1 (sliced)
* Potatoes – 1 (peeled and cubed)
* Onion – 1 (chopped)
* Garlic – 2 cloves (minced)
* Coconut milk – 100ml
* Salt – to taste

**Preparation**:

1. Sauté onion and garlic in a pan.
2. Add carrots and potatoes and cook for 10 minutes.
3. Add coconut milk and simmer until vegetables are tender.

**Portion Size**: 1/2 cup (150g)

**47. Tomato Curry**

**Ingredients**:

* Tomatoes – 2 (chopped)
* Onion – 1 (chopped)
* Garlic – 2 cloves (minced)
* Coconut milk – 100ml
* Curry powder – 1 tsp
* Salt – to taste

**Preparation**:

1. Sauté onion, garlic, and curry powder in a pan.
2. Add chopped tomatoes and cook for 5 minutes.
3. Add coconut milk and simmer for 10 minutes.

**Portion Size**: 1/2 cup (150g)

**48. Pumpkin Curry**

**Ingredients**:

* Pumpkin – 1 cup (cubed)
* Onion – 1 (chopped)
* Garlic – 2 cloves (minced)
* Coconut milk – 100ml
* Salt – to taste

**Preparation**:

1. Sauté onion and garlic in a pan.
2. Add pumpkin and cook for 10 minutes.
3. Add coconut milk and simmer for 15 minutes.

**Portion Size**: 1/2 cup (150g)

**49. Sweet Potato Curry**

**Ingredients**:

* Sweet potatoes – 1 cup (cubed)
* Onion – 1 (chopped)
* Garlic – 2 cloves (minced)
* Coconut milk – 100ml
* Curry powder – 1 tsp
* Salt – to taste

**Preparation**:

1. Sauté onion and garlic in a pan.
2. Add sweet potatoes and cook for 10 minutes.
3. Add coconut milk and simmer until soft.

**Portion Size**: 1/2 cup (150g)

**50. Chili and Garlic Salad**

**Ingredients**:

* Fresh chilies – 2 (chopped)
* Garlic – 2 cloves (minced)
* Onion – 1 (chopped)
* Lime juice – 1 tbsp
* Salt – to taste

**Preparation**:

1. Mix chopped chilies, garlic, onion, and lime juice.
2. Add salt and serve.

**Portion Size**: 1 tbsp (15g)

**51. Cucumber Salad**

**Ingredients**:

* Cucumber – 1 (sliced)
* Onion – 1 (chopped)
* Vinegar – 1 tbsp
* Salt – to taste

**Preparation**:

1. Combine sliced cucumber and chopped onion.
2. Add vinegar and salt, and serve chilled.

**Portion Size**: 1 bowl (100g)

**52. Curry Leaves Salad**

**Ingredients**:

* Fresh curry leaves – 1/2 cup (chopped)
* Red onion – 1 (chopped)
* Lime juice – 1 tbsp
* Salt – to taste

**Preparation**:

1. Mix curry leaves, onion, and lime juice.
2. Add salt to taste and serve.

**Portion Size**: 1 tbsp (15g)

**53. Papaya and Lime Salad**

**Ingredients**:

* Papaya – 1/2 (cubed)
* Lime juice – 1 tbsp
* Salt – to taste

**Preparation**:

1. Combine cubed papaya with lime juice.
2. Add salt and serve chilled.

**Portion Size**: 1/2 cup (75g)

**54. Lime & Ginger Tea**

**Ingredients**:

* Fresh ginger – 1 tbsp (grated)
* Lime juice – 1 tbsp
* Honey – 1 tsp (optional)

**Preparation**:

1. Boil ginger in water for 5 minutes.
2. Add lime juice and honey, stir, and serve.

**Portion Size**: 1 cup (200ml)

### **55.Polos Curry (Young Jackfruit Curry)**

### **Portion Size**

* **Healthy Serving**: 1/2 cup (150g per person).
* This recipe serves approximately 3 people.

### **Ingredients**

* **Young jackfruit (Polos)** – 300g (cut into small cubes)
* **Thin coconut milk** – 1 cup (200ml)
* **Thick coconut milk** – 1/4 cup (50ml)
* **Onion** – 1 medium (sliced)
* **Garlic** – 3 cloves (chopped)
* **Green chilies** – 2 (sliced)
* **Curry leaves** – 1 sprig
* **Pandan leaf** – 1 small piece (optional)
* **Turmeric powder** – 1/4 tsp
* **Chili powder** – 1 tsp
* **Coriander powder** – 1/2 tsp
* **Cumin powder** – 1/2 tsp
* **Fenugreek seeds** – 1/4 tsp
* **Tamarind paste** – 1 tsp (soaked in 2 tbsp water)
* **Mustard seeds** – 1/4 tsp
* **Salt** – to taste
* **Coconut oil or olive oil** – 1 tsp

### **Preparation**

1. **Prepare the Jackfruit**:
   * Peel and cut the young jackfruit into small cubes.
   * Boil the jackfruit cubes in water with a pinch of turmeric and salt until tender. Drain and set aside.
2. **Tempering**:
   * Heat 1 tsp of oil in a large pan.
   * Add mustard seeds and let them splutter.
   * Add fenugreek seeds, curry leaves, and pandan leaf. Sauté for 30 seconds until aromatic.
3. **Add Aromatics**:
   * Add sliced onion, garlic, and green chilies to the pan.
   * Sauté until the onions turn soft and translucent.
4. **Add Spices**:
   * Lower the heat and mix in turmeric powder, chili powder, coriander powder, and cumin powder.
   * Stir for about 1 minute to release the aroma of the spices.
5. **Combine Ingredients**:
   * Add the boiled jackfruit cubes to the pan and coat them evenly with the spice mixture.
6. **Simmer with Thin Coconut Milk**:
   * Pour in the thin coconut milk and tamarind water.
   * Cover and simmer for 10–12 minutes over medium heat, allowing the flavors to infuse into the jackfruit.
7. **Finish with Thick Coconut Milk**:
   * Add the thick coconut milk and stir gently.
   * Simmer for another 5 minutes on low heat. Avoid boiling to retain the rich texture of the coconut milk.
   * Adjust salt to taste.
8. **Serve**:
   * Serve warm with brown rice, red rice, or kurakkan roti for a balanced and healthy Sri Lankan meal.

#### 56. ****Cucumber & Tomato Salad****

**Ingredients**:

* Cucumber – 1 (sliced)
* Tomato – 1 (chopped)
* Red onion – 1/4 (sliced)
* Lime juice – 1 tbsp
* Salt – to taste

**Preparation**:

1. Combine cucumber, tomato, and onion in a bowl.
2. Add lime juice and salt. Toss well and serve chilled.

**Portion Size**: 1/2 cup (75g)

**63.Brown Rice Porridge**

**Ingredients**:

* Brown rice – 1/4 cup
* Water – 2 cups
* Cinnamon – 1 stick
* Cardamom – 2 pods
* Coconut milk – 2 tbsp
* Sweetener (stevia or honey) – optional

**Preparation**:

1. Cook the brown rice in water with cinnamon and cardamom until soft.
2. Once cooked, add coconut milk and sweetener if desired. Stir well and cook for 5 more minutes.
3. Serve warm.

**Portion Size**: 1/2 cup (150g)

### **57.Gotukola Sambol**

**Ingredients**:

* Gotukola (centella) leaves – 1/2 cup (chopped)
* Onion – 1 (chopped)
* Red chili – 1 (sliced)
* Lime juice – 1 tbsp
* Salt – to taste

**Preparation**:

1. Mix chopped Gotukola leaves, onion, and chili in a bowl.
2. Add lime juice and salt, and toss to combine.
3. Serve as a refreshing side dish.

**Portion Size**: 2 tbsp (30g)

### **58.Papaya & Lime Juice Drink**

**Ingredients**:

* Papaya – 1/2 cup (diced)
* Lime juice – 1 tbsp
* Honey – 1 tsp (optional)
* Water – 1/2 cup

**Preparation**:

1. Blend papaya, lime juice, honey, and water until smooth.
2. Serve chilled.

**Portion Size**: 1 cup (200ml)

### **59. Sweet Potato and Lentil Stew**

**Ingredients**:

* Sweet potatoes – 1 medium (peeled and chopped)
* Lentils – 1/2 cup (soaked)
* Onion – 1 (chopped)
* Garlic – 2 cloves (minced)
* Tomato – 1 (chopped)
* Cinnamon – 1 stick
* Salt – to taste

**Preparation**:

1. Sauté onion and garlic in a pot.
2. Add tomato and cook until soft.
3. Add chopped sweet potatoes, soaked lentils, and cinnamon stick. Add water to cover.
4. Simmer until the lentils and sweet potatoes are tender.
5. Season with salt and serve.

**Portion Size**: 1/2 cup (150g)

### **60.Sri Lankan Okra (Ladyfinger) Curry**

**Ingredients**:

* Okra (ladyfinger) – 1 cup (sliced)
* Onion – 1 (chopped)
* Garlic – 2 cloves (minced)
* Curry powder – 1 tsp
* Coconut milk – 1/4 cup
* Salt – to taste

**Preparation**:

1. Heat a pan and sauté onion and garlic.
2. Add curry powder and sauté for another minute.
3. Add sliced okra and cook for 5-7 minutes.
4. Pour in coconut milk, season with salt, and simmer for 10 minutes.
5. Serve hot.

**Portion Size**: 1/2 cup (100g)

### **61.Eggplant and Tomato Stir Fry**

**Ingredients**:

* Eggplant – 1 (cubed)
* Tomato – 1 (chopped)
* Onion – 1/2 (chopped)
* Garlic – 2 cloves (minced)
* Curry powder – 1 tsp
* Salt – to taste

**Preparation**:

1. Sauté onion, garlic, and curry powder in a pan.
2. Add cubed eggplant and cook until soft.
3. Add chopped tomato, simmer until the tomato breaks down.
4. Season with salt and serve.

**Portion Size**: 1/2 cup (100g)

### **62.Sri Lankan Steamed Fish (Theri) with Fresh Herbs**

**Ingredients**:

* Fresh fish (such as mackerel or tilapia) – 1 medium
* Onion – 1 (sliced)
* Garlic – 2 cloves (minced)
* Fresh curry leaves – 1 sprig
* Fresh cilantro – 1 tbsp (chopped)
* Lemon juice – 1 tbsp
* Salt – to taste

**Preparation**:

1. Rub the fish with salt and lemon juice.
2. Arrange fish with sliced onion, garlic, curry leaves, and fresh cilantro on a steaming plate.
3. Steam for about 10-15 minutes until cooked through.
4. Serve with steamed vegetables or brown rice.

**Portion Size**: 1 fillet (approx. 100-150g)

### **63.Papaya and Lemon Juice**

**Ingredients**:

* Papaya – 1/2 cup (cubed)
* Lemon juice – 1 tbsp
* Salt – a pinch

**Preparation**:

1. Cube the papaya and drizzle with lemon juice.
2. Add a pinch of salt and mix gently.
3. Serve as a light snack.

**Portion Size**: 1/2 cup (100g)

### **64.Sri Lankan Coconut Milk Soup with Vegetables**

**Ingredients**:

* Mixed vegetables (carrot, beans, pumpkin) – 1 cup (chopped)
* Coconut milk – 1/4 cup
* Garlic – 2 cloves (minced)
* Onion – 1 (chopped)
* Curry leaves – 1 sprig
* Salt – to taste

**Preparation**:

1. Sauté onion and garlic in a pot.
2. Add mixed vegetables and curry leaves, cook for 5 minutes.
3. Add coconut milk and simmer for 10 minutes until vegetables are tender.
4. Season with salt and serve.

**Portion Size**: 1 cup (200ml)

### **65.Roasted Chickpeas**

**Ingredients**:

* Chickpeas – 1/2 cup (soaked overnight)
* Olive oil – 1 tsp
* Cumin powder – 1/2 tsp
* Salt – to taste

**Preparation**:

1. Preheat the oven to 180°C (350°F).
2. Drain and dry the soaked chickpeas.
3. Toss chickpeas with olive oil, cumin powder, and salt.
4. Roast in the oven for 25-30 minutes until crispy.
5. Serve as a crunchy snack.

**Portion Size**: 1/4 cup (40g)

### **66.Sweet Potato Chips**

**Ingredients**:

* Sweet potato – 1 (sliced thin)
* Olive oil – 1 tsp
* Salt – to taste
* Black pepper – a pinch

**Preparation**:

1. Preheat oven to 180°C (350°F).
2. Toss sweet potato slices with olive oil, salt, and pepper.
3. Arrange in a single layer on a baking sheet.
4. Bake for 20-25 minutes until crispy.
5. Serve as a healthy snack.

**Portion Size**: 1/2 cup (50g)

### **67.Gotu Kola Herbal Tea**

**Ingredients**:

* Gotu Kola (Centella Asiatica) leaves – 6-8 leaves
* Water – 1 cup
* Honey (optional) – 1 tsp

**Preparation**:

1. Boil water and add Gotu Kola leaves.
2. Let it steep for 5-7 minutes.
3. Strain the tea and add honey if desired.
4. Serve warm.

**Portion Size**: 1 cup (200ml)

### **68.Turmeric Tea (Golden Milk)**

**Ingredients**:

* Turmeric powder – 1/4 tsp
* Water – 1 cup
* Black pepper – a pinch
* Honey – 1 tsp (optional)

**Preparation**:

1. Boil water and add turmeric powder and black pepper.
2. Stir well and simmer for 3-5 minutes.
3. Add honey and serve warm.

**Portion Size**: 1 cup (200ml)

### **69.Fenugreek Drink**

**Ingredients**:

* Fenugreek seeds – 1 tsp
* Water – 1 cup
* Honey – 1 tsp (optional)

**Preparation**:

1. Soak fenugreek seeds overnight in water.
2. In the morning, strain the water and drink.
3. Add honey if desired.

**Portion Size**: 1 cup (200ml)

### **70.Sweet Potato and Coconut Balls**

**Ingredients**:

* Sweet potato – 1 (boiled and mashed)
* Grated coconut – 2 tbsp
* Honey – 1 tsp
* Cinnamon powder – 1/4 tsp

**Preparation**:

1. Mix the mashed sweet potato with grated coconut, honey, and cinnamon.
2. Shape into small balls.
3. Chill in the refrigerator for 30 minutes.
4. Serve as a nutritious snack.

**Portion Size**: 2 balls (30g)

### **71.Soya Bean Stir-Fry**

**Ingredients**:

* Soya beans (cooked) – 1/2 cup
* Onion – 1/2 (sliced)
* Garlic – 2 cloves (minced)
* Green chilies – 1 (sliced)
* Curry leaves – a sprig
* Olive oil – 1 tsp

**Preparation**:

1. Heat olive oil in a pan.
2. Add onions, garlic, and green chilies.
3. Stir-fry until fragrant, then add cooked soya beans.
4. Toss well and garnish with curry leaves.
5. Serve hot.

**Portion Size**: 1/2 cup (100g)

### **72.Cashew Curry**

#### ****Ingredients for 1 Person****

* Cashews (soaked overnight) – 20g (about 12 cashews)
* Thin coconut milk – 1/4 cup (50ml)
* Thick coconut milk – 1 tbsp (15ml)
* Onion – 2 tbsp (finely sliced)
* Green chili – 1 (sliced)
* Curry leaves – 3–4 leaves
* Mustard seeds – 1/8 tsp
* Turmeric powder – 1/8 tsp
* Salt – to taste
* Coconut oil – 1/2 tsp

#### ****Preparation****

Follow the same preparation method, cooking the cashews for approximately **8–10 minutes** until tender.

#### ****Portion Size****

1/4 cup (60g).

### **73.Murunga Leaves Mallum (Drumstick Leaves Stir-Fry)**

#### ****Ingredients for 1 Person****

* Fresh murunga leaves – 50g
* Grated coconut – 1 tbsp (8g)
* Onion – 1 tbsp (finely sliced)
* Green chili – 1 (sliced)
* Garlic – 1 clove (chopped)
* Turmeric powder – 1/8 tsp
* Salt – to taste
* Coconut oil – 1/2 tsp
* Mustard seeds – 1/8 tsp
* Curry leaves – 3–4 leaves

#### ****Preparation****

Prepare as per the original recipe, reducing cooking time to about **5 minutes**.

#### ****Portion Size****

1/4 cup (50g).

### **74.Eggplant Curry (Brinjal Curry)**

#### ****Ingredients for 1 Person****

* Eggplant – 100g (cut into strips or wedges)
* Thin coconut milk – 1/4 cup (50ml)
* Thick coconut milk – 1 tbsp (15ml)
* Onion – 2 tbsp (finely sliced)
* Green chili – 1 (sliced)
* Garlic – 1 clove (chopped)
* Turmeric powder – 1/8 tsp
* Chili powder – 1/4 tsp (adjust to taste)
* Coriander powder – 1/4 tsp
* Salt – to taste
* Coconut oil – 1/2 tsp
* Curry leaves – 3–4 leaves

#### ****Preparation****

Cook as per the original recipe, with a reduced cooking time of **8–10 minutes**.

#### ****Portion Size****

1/2 cup (100g).

### **(75.Halmasso Fish Curry )Sri Lankan Sprats Curry**

### **Portion Size**

* **Healthy Serving**: 1/2 cup (100g per person).
* This recipe serves 1 person.

### **Ingredients for 1 Person**

* **Dried sprats (halmasso)** – 50g (cleaned and washed)
* **Onion** – 2 tbsp (finely sliced)
* **Green chili** – 1 (sliced)
* **Garlic** – 1 clove (finely chopped)
* **Ginger** – 1/2 tsp (grated)
* **Curry leaves** – 3–4 leaves
* **Pandan leaf** – 1 small piece
* **Turmeric powder** – 1/8 tsp
* **Chili powder** – 1/4 tsp (adjust to taste)
* **Coriander powder** – 1/4 tsp
* **Fenugreek seeds** – 1/8 tsp
* **Thin coconut milk** – 1/4 cup (50ml)
* **Thick coconut milk** – 1 tbsp (15ml)
* **Lime juice** – 1/2 tsp
* **Salt** – to taste
* **Coconut oil** – 1/2 tsp

### **Preparation**

1. **Prepare the Sprats**:
   * Clean the dried sprats by removing the head and tails, if needed. Wash well and drain.
2. **Temper the Spices**:
   * Heat 1/2 tsp of coconut oil in a pan. Add mustard seeds and let them splutter.
   * Add curry leaves, pandan leaf, fenugreek seeds, garlic, ginger, onion, and green chili. Sauté until fragrant.
3. **Add the Sprats**:
   * Add the cleaned sprats to the pan. Stir-fry for about 2–3 minutes until lightly golden.
4. **Cook with Spices**:
   * Add turmeric, chili powder, and coriander powder. Mix well and cook for 1–2 minutes.
5. **Simmer with Coconut Milk**:
   * Pour in the thin coconut milk and bring to a simmer. Add salt to taste. Cover and let it cook for about 5 minutes.
6. **Finish with Thick Coconut Milk**:
   * Stir in the thick coconut milk and simmer for another 2–3 minutes. Avoid boiling.
7. **Add Lime Juice**:
   * Once done, remove from heat and drizzle lime juice for added flavor.
8. **Serve**:
   * Serve warm with a portion of red rice (100g cooked) or as part of a Sri Lankan meal.

### **76.Kankun Stir-Fry (Water Spinach Stir-Fry)**

#### ****Portion Size****: 1/2 cup (50g cooked)

#### ****Ingredients****

* Kankun (water spinach) – 100g (washed and chopped)
* Garlic – 1 clove (finely chopped)
* Onion – 2 tbsp (finely sliced)
* Green chili – 1 (sliced)
* Turmeric powder – 1/8 tsp
* Salt – to taste
* Coconut oil – 1/2 tsp

#### ****Preparation****

1. Heat coconut oil in a pan.
2. Add garlic, onion, and green chili; sauté until fragrant.
3. Add kankun and turmeric powder. Stir-fry for 5 minutes.
4. Add salt to taste and cook for another 2 minutes.

**77.Lunu Miris**

**Ingredients for Lunu Miris**

* Onion – 2 tbsp (finely chopped)
* Chili flakes – 1/2 tsp
* Lime juice – 1 tsp
* Salt – to taste

**Preparation for Lunu Miris**

1. Combine onion, chili flakes, lime juice, and salt. Mix well.

#### ****78.Boild manioc****

#### ****Ingredients for Manioc****

* Manioc – 100g (peeled and cut into chunks)
* Salt – to taste

#### ****Preparation for Manioc****

1. Boil manioc with water and salt until tender. Drain.

### **79.Kathurumurunga Leaf Stir-Fry (Sesbania Grandiflora)**

#### ****Portion Size****: 1/2 cup (50g cooked).

#### ****Ingredients****

* Kathurumurunga leaves – 100g
* Onion – 2 tbsp (finely sliced)
* Garlic – 1 clove (chopped)
* Green chili – 1 (sliced)
* Coconut oil – 1/2 tsp
* Salt – to taste

#### ****Preparation****

1. Heat oil in a pan and sauté onion, garlic, and green chili.
2. Add kathurumurunga leaves and stir-fry for 5–7 minutes.
3. Add salt to taste and cook for another 2 minutes.

### **80.Kathurumurunga Mallum (Sesbania Grandiflora Leaf Mallum)**

#### ****Portion Size****: 1/2 cup (50g cooked).

### **Ingredients**

* Kathurumurunga leaves (Sesbania Grandiflora) – 100g (washed and finely chopped)
* Grated coconut – 2 tbsp (15g)
* Onion – 2 tbsp (finely chopped)
* Green chili – 1 (sliced)
* Turmeric powder – 1/8 tsp
* Salt – to taste
* Lime juice – 1 tsp

### **Preparation**

1. Wash and finely chop kathurumurunga leaves. Set aside.
2. In a mixing bowl, combine grated coconut, onion, green chili, turmeric powder, and salt.
3. Add the chopped kathurumurunga leaves to the mixture and mix thoroughly by hand until evenly coated.
4. Add lime juice and mix again.
5. Serve fresh as a side dish with rice and curry.

### **81.Mugunuwanna Mallum**

#### ****Portion Size****: 1/2 cup (50g cooked).

### **Ingredients**

* Mugunuwanna leaves (Sessile Joyweed) – 100g (washed and finely chopped)
* Grated coconut – 2 tbsp (15g)
* Onion – 2 tbsp (finely sliced)
* Green chili – 1 (sliced)
* Turmeric powder – 1/8 tsp
* Salt – to taste
* Lime juice – 1 tsp

### **Preparation**

1. Wash and finely chop the mugunuwanna leaves. Drain excess water.
2. In a bowl, combine grated coconut, onion, green chili, turmeric powder, and salt.
3. Add the chopped mugunuwanna leaves to the bowl and mix well by hand until everything is evenly combined.
4. Add lime juice and mix gently.
5. Serve fresh as a side dish with rice and curry.

### **82.Aguna Kola Mallum (Climbing Spinach Mallum)**

#### ****Portion Size****: 1/2 cup (50g cooked).

### **Ingredients**

* Aguna kola (Climbing spinach) – 100g (washed and finely chopped)
* Grated coconut – 2 tbsp (15g)
* Onion – 1/4 medium-sized (finely chopped)
* Green chili – 1 (sliced)
* Garlic – 1 clove (finely chopped)
* Turmeric powder – 1/8 tsp
* Salt – to taste
* Lime juice – 1 tsp

### **Preparation**

1. Wash and finely chop the aguna kola leaves. Drain any excess water.
2. In a bowl, combine grated coconut, onion, green chili, garlic, turmeric powder, and salt.
3. Add the chopped aguna kola leaves to the mixture and mix by hand until everything is evenly incorporated.
4. Squeeze in lime juice and mix well.
5. Serve fresh as a healthy side dish with rice and curry.

### **83.Kesel Muwa Curry (Banana Flower Curry)**

#### ****Portion Size****: 1/2 cup (75g cooked).

### **Ingredients**

* Kesel muwa (banana flower) – 1 medium-sized flower (chopped)
* Coconut milk – 1/2 cup (120ml)
* Onion – 2 tbsp (finely chopped)
* Garlic – 2 cloves (minced)
* Green chili – 1 (sliced)
* Turmeric powder – 1/4 tsp
* Curry leaves – a few
* Salt – to taste
* Oil – 1 tsp

### **Preparation**

1. Remove the outer bracts of the banana flower and chop the inner part finely.
2. Soak the chopped banana flower in water with a pinch of turmeric to prevent discoloration. Drain and set aside.
3. Heat oil in a pan and add curry leaves, onion, garlic, and green chili. Sauté until the onion turns golden brown.
4. Add the chopped banana flower to the pan, and cook for a few minutes while stirring.
5. Add turmeric powder and coconut milk, mix well, and bring to a simmer.
6. Cook on low heat for about 10–12 minutes, allowing the flavors to blend.
7. Add salt to taste and stir well.
8. Serve hot with rice or roti.

### **84.Purple Yam Curry**

#### ****Portion Size****: 1/2 cup (75g cooked).

### **Ingredients**

* Purple yam – 1 medium-sized (peeled and cut into cubes)
* Coconut milk – 1/2 cup (120ml)
* Onion – 1/4 medium-sized (finely chopped)
* Garlic – 2 cloves (minced)
* Green chili – 1 (sliced)
* Curry leaves – a few
* Turmeric powder – 1/4 tsp
* Salt – to taste
* Oil – 1 tsp

### **Preparation**

1. Peel and cut the purple yam into cubes.
2. Heat oil in a pan, add curry leaves, onion, garlic, and green chili. Sauté until fragrant and the onion softens.
3. Add turmeric powder and the chopped purple yam cubes. Stir to coat the yam with the spices.
4. Pour in the coconut milk and bring to a simmer.
5. Cook on low heat for 15–20 minutes, or until the yam is soft and cooked through.
6. Add salt to taste and mix gently.
7. Serve hot as a side dish with rice.

### **85.Boiled Purple Yam**

#### ****Portion Size****: 1/2 cup (75g).

### **Ingredients**

* Purple yam – 1 medium-sized (peeled and cut into cubes)
* Water – enough to cover the yam
* Salt – to taste
* Lime juice – 1 tsp (optional)

### **Preparation**

1. Peel the purple yam and cut it into cubes.
2. Place the yam cubes in a pot and add enough water to cover them.
3. Add a pinch of salt to the water.
4. Bring the water to a boil, then reduce the heat to a simmer.
5. Cook for 15–20 minutes, or until the yam is tender and easily pierced with a fork.
6. Drain any excess water.
7. Optionally, squeeze some lime juice over the yam for extra flavor.
8. Serve the boiled purple yam as a side dish with curry or enjoy as a healthy snack.

### **86.Arrowroot Curry-hulankeeriya**

#### ****Portion Size****: 1/2 cup (75g cooked).

### **Ingredients**

* Arrowroot (hulankiriya) – 1 medium-sized root (peeled and cut into small cubes)
* Coconut milk – 1/2 cup (120ml)
* Onion – 1/4 medium-sized (finely chopped)
* Garlic – 1 clove (minced)
* Green chili – 1 (sliced)
* Curry leaves – a few
* Turmeric powder – 1/4 tsp
* Salt – to taste
* Oil – 1 tsp

### **Preparation**

1. Peel and cut the arrowroot into small cubes.
2. Bring a pot of water to boil, add the chopped arrowroot cubes, turmeric powder, and salt. Boil for about 10–12 minutes, or until the arrowroot becomes tender.
3. In a separate pan, heat oil and sauté curry leaves, onion, garlic, and green chili until the onion softens.
4. Add the boiled arrowroot to the sautéed mix, followed by coconut milk. Stir well.
5. Let it simmer on low heat for another 5–7 minutes, allowing the curry to thicken and the flavors to meld together.
6. Adjust salt to taste, and serve hot as a side dish with rice.

### **87.(Ribbed Gourd Curry)**

#### ****Portion Size****: 1/2 cup (75g cooked).

### **Ingredients**

* (Ribbed gourd) – 1 medium-sized (peeled and cut into slices)
* Coconut milk – 1/2 cup (120ml)
* Onion – 1/4 medium-sized (finely chopped)
* Garlic – 2 cloves (minced)
* Green chili – 1 (sliced)
* Curry leaves – a few
* Turmeric powder – 1/4 tsp
* Mustard seeds – 1/4 tsp
* Salt – to taste
* Oil – 1 tsp

### **Preparation**

1. Peel and slice the ribbed gourd into thin pieces.
2. Heat oil in a pan, add mustard seeds, and let them splutter. Then add curry leaves, onion, garlic, and green chili, sautéing until the onion softens.
3. Add the sliced ribbed gourd to the pan and stir well.
4. Add turmeric powder and salt to taste, mixing everything together.
5. Pour in the coconut milk, stir, and bring to a simmer.
6. Cook on low heat for 10–15 minutes, or until the ribbed gourd is tender and the curry thickens.
7. Adjust salt to taste and serve hot as a side dish with rice or bread.

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### **88.Squashed Eggplant Curry- batu**

#### ****Portion Size****: 1/2 cup (75g cooked).

### **Ingredients**

* Eggplant – 1 medium-sized (cut into cubes or slices)
* Onion – 1/4 medium-sized (finely chopped)
* Garlic – 1 clove (minced)
* Green chili – 1 (sliced)
* Curry leaves – a few
* Turmeric powder – 1/4 tsp
* Mustard seeds – 1/4 tsp
* Tamarind paste – 1 tsp (optional, for tanginess)
* Coconut milk – 1/4 cup (60ml)
* Salt – to taste
* Oil – 1 tsp

### **Preparation**

1. Cut the eggplant into cubes or slices.
2. Heat oil in a pan and add mustard seeds. Once they splutter, add curry leaves, onion, garlic, and green chili. Sauté until the onion turns soft and fragrant.
3. Add the eggplant to the pan and sauté for a few minutes until it starts to soften.
4. Add turmeric powder, salt, and tamarind paste (if using), and stir well.
5. Pour in coconut milk and a little water (if needed), and bring it to a simmer.
6. Cook on low heat for about 10-15 minutes, allowing the eggplant to soften and absorb the flavors.
7. Squash the eggplant gently with the back of a spoon to incorporate it into the curry and create a smooth, thick consistency.
8. Adjust the seasoning and serve hot with rice or roti.

### **89.Boiled Red Kawpi (Cowpea)**

#### ****Portion Size****: 1/2 cup (75g cooked).

### **Ingredients**

* Red kawpi (cowpea) – 1/2 cup (100g dry)
* Water – 2 cups (for boiling)
* Salt – a pinch

### **Preparation**

1. Wash the red kawpi thoroughly and soak it in water for 4–6 hours or overnight to soften.
2. Drain the soaking water and add the soaked cowpea to a pot.
3. Add 2 cups of water and bring it to a boil. Reduce the heat and simmer until the cowpeas are tender (about 30–40 minutes).
4. Once cooked, add a pinch of salt and stir well.
5. Drain any excess water and serve warm.