

LOW SALT RECIPES

A guide for healthy cooking
2021



Ministry of Health
Sri Lanka



Sri Lanka Medical
Nutrition Association



World Health
Organization
Sri Lanka
COUNTRY OFFICE FOR



Chefs Guild of Lanka

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Message from the president of Sri Lanka Medical Nutrition Association (SLMNA)

The low salt cooking challenge was started with the collaboration of the Ministry of Health and the World Health Organization to make awareness among the public regarding salt consumption. It was conducted successfully with the immense support of chef guild's association and other stakeholders. The rising trend of non-communicable diseases like hypertension and heart disease is mainly due to salt consumption. It is estimated that a Sri Lankan consumes up to 8-18 g of salt/day. The WHO has recommended only 1 tsp (5g) of salt per person in a day therefore, people in our country should reduce the consumption of salt by 15%.

The main component that affects health is the amount of sodium that is present in the salt. A normal adult needs only 1 g of sodium during the day. Half a teaspoon of salt contains 1g of salt. If a person who consumes 12 g of salt can reduce it up to 10 g then the risk of hypertension can be reduced by 40%.

It is seen that with increasing age and high salt consumption there's an increased incidence of hypertension. The most vulnerable age group is between 30-50 years. Therefore, it is our responsibility to make awareness among the public and educate them.

The book consists of recipes created by our participants and the nutritional value with the amount of salt added is specified in each recipe. I hope that this would be an innovative and useful resource.

I greatly appreciate the support given by the stakeholders who contributed to make this event a success. The book is the ultimate outcome of the event. I hope this book will help us to make a change in the community.

Dr. Renuka Jayatissa,
President,
Sri Lanka Medical Nutrition Association.

Message from the World Health Organization

Raised blood pressure is a leading risk factor for the global disease burden and is estimated to cause 9.4 million deaths every year – more than half the estimated 17 million deaths caused by cardiovascular diseases, annually. Consuming more than 5 grams of salt per day contributes to high blood pressure and increases the risk of heart disease and stroke.

The World Health Organization guides Member States with a 'menu' of policy options to achieve noncommunicable disease (NCD) targets by 2025. Reduced population intake of salt is essential to meet the overall SDG3 goal of 25% reduction in premature mortality from NCDs. Dietary surveys have shown that the average salt intake in Sri Lanka is nearly double the recommended 5 grams per day, mainly contributed by dietary practices of adding salt to rice and consuming traditionally preserved salty foods.

In this backdrop, the World Health Organization is pleased to collaborate with the Sri Lanka Medical Nutritionists Association and the Directorate of NCD, Ministry of Health to conduct the 'National Low Salt Cooking Challenge' to engage those involved in food technology, culinary science and public to innovate in cooking low salt popular Sri Lankan dishes. With the Chefs Guild of Sri Lanka, selected recipes from this successful event are compiled, published and made available to general public.

We look forward to continuing the multi-sectoral partnerships in Sri Lanka to support the country achieve its targets in prevention and control of NCDs towards health and well-being of its population.

Dr. Alaka Singh
WHO Country Representative for Sri Lanka

Message from the Director, Directorate of Non-Communicable Disease, Ministry of Health

Non-Communicable Diseases (NCDs) account for approximately 83% of the deaths in Sri Lanka, and majority of these are due to cardiovascular diseases. Heart disease and stroke are also identified as the leading causes of death and disability in Sri Lanka, and high blood pressure is identified as an important modifiable risk factor for both these disease conditions. It is further proven that excess dietary intake of salt (sodium) is a leading cause of high blood pressure. Therefore, it is necessary that action is taken to strengthen community awareness on the importance of reducing salt consumption for good health.

In this regard, the Directorate of Non-Communicable Disease of the Ministry of Health, in close collaboration with the Sri Lanka Medical Nutrition Association (SLMNA) and the World Health Organization – Sri Lanka Country Office, conducted and successfully completed the “Low Salt Cooking Challenge” competition among the general public. The main objective of this competition was to promote the reduction in the use of salt during cooking and preparation of meals, and also to generate a book of low salt recipes. This book of recipes will be invaluable in the community empowerment towards promotion of low salt consumption, for the long-term outcome of reducing the incidence of high blood pressure.

I take this opportunity as the Ministry of Health, to convey our appreciation to the Sri Lanka Medical Nutrition Association (SLMNA), the World Health Organization – Sri Lanka Country Office, the Chef's Guild of Sri Lanka and the Sri Lanka Spices Board, for the immense contribution they have made towards making this objective a big success.

Dr. Vindya Kumarapeli
Consultant Community Physician
Director- Non Communicable Diseases
Ministry of Health

Acknowledgement

This low salt recipe book was developed and published by Sri Lanka Medical Nutrition Association (SLMNA) as a final outcome of Low Salt Cooking Challenge – 2021, which was organized by SLMNA in collaboration with World Health Organization (WHO) and Ministry of Health, Sri Lanka. We extend our sincere gratitude to WHO for their contributions and financial assistance in conducting the cooking challenge and developing this recipe book.

We are deeply indebted to Dr. Renuka Jayatissa, the pioneer of Clinical Nutrition in Sri Lanka for her expertise and the guidance she provided for this Low Salt project. We would like to thank Dr. Nalika Gunawardena, National Professional Officer – WHO Sri Lanka Country Office, for facilitating this project successfully. We appreciate and thank all the resource personnel and many professional experts from various fields, including officials from Ministry of Health, executive chefs from Chefs guild Lanka, culinary expert and chairman Sri Lanka Spice Board, Clinical Nutrition experts and members of Sri Lanka Medical Nutrition Association. We value their ideas, comments and expertise provided during the low salt cooking challenge and development of this recipe book.

Finally, we would like to thank all the persons who helped us in numerous ways to produce this recipe book successfully in a timely manner. We hope this recipe book will provide the reader with many low salt alternatives and encourage them to maintain a healthy lifestyle.

INTRODUCTION

In Sri Lanka, Non-Communicable Diseases account for the majority of deaths. Among them stroke is the 2nd leading disease. Although there are many contributing factors for the development of stroke, presence of high blood pressure (Hypertension) remains the 2nd leading cause.

Excess sodium intake by means of salt consumption has a strong positive correlation with prevalence of hypertension which was evident by several research studies. High sodium intake increases the risk of cardiovascular disease and mortality. And may as well have other harmful effects including increased risk of stroke, heart failure, osteoporosis, obesity, gastric cancer, and chronic kidney disease.

Therefore, the WHO has acknowledged high sodium intake as one of the silent killers of humans and has recommended to reduce sodium to less than 2000 mg/day (5 g/day salt) in adults. According to the National Population Salt Consumption survey in 2012, we Sri Lankans consume two times higher than the recommended.

Nearly 80% of the salt in our diet comes from home cooked foods. Cutting down the amount of salt used in cooking by simply adding locally available spices and condiments helps to prepare a variety of dishes without sacrificing the flavor and subsequently decreases the risk of developing these diseases which will have a great positive and sustained effect on health and economic impact of the country.

In order to increase the awareness about the importance and ways to cook common foods with less salt, The National low salt cooking challenge - Sri Lanka, was organized and held between 1st of May 2021 to 31st of October 2021. Low salt, culturally sensible, low to medium cost recipes and preservative methods with less salt were selected from this cooking challenge and presented in the form of an e - recipe book.

We believe that this book, which is the final end product of the national cooking challenge, will serve as a foundation from which more and more healthy low salt recipes can be formulated.

MEASURES & CONTENTS	RICE & CEREALS	CHICKEN & MEAT	FISH & SEAFOODS	VEGETARIAN	SALADS	SOUPS	SNACKS & LIGHT MEALS	PRESERVATIVE
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OUR JOURNEY.....

National low salt cooking challenge 2021 was held in Sri Lanka organized by the Sri Lanka Medical Nutrition Association in collaboration with the World Health Organization and Ministry of Health.

The cooking competition was organized in 3 rounds. As the initial step, applications were called, and the participants were instructed to apply as a team. 40 teams were selected to compete in the 1st round. Each team consisted of 3 members from predefined categories. There were teams from island-wide who participated in this competition. Due to the current COVID 19 pandemic, the 1st round was held virtually. The recipes with the videos of their cooking were sent by the contestants to the organizing committee. All the participants had given their best in this competition.

The selection was done by a panel of judges. The judging panel consisted of two experts in the field of nutrition and Non-Communicable Diseases and a culinary expert. The teams who won were announced in a virtual meeting held with the participants. Participants of the first round were awarded a certificate for their participation.

The second round of the cooking challenge was held during the period of October 4th to 11th. The second round was also conducted virtually due to the covid-19 situation in the country. Two practical cooking demonstrations were arranged before the competition, which were conducted by well-known culinary experts. This helped the contestants to gain knowledge on cooking with low salt and presentation of the dishes. In this round, the participants were given a list of ingredients from which they had to prepare the main meal. Apart from the main meal they were requested to prepare a low salt-preserved food which complements the main meal. There were 20 teams selected from the first round that participated.



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The recipes that each team prepared were received beforehand. In this round, the cooking was observed by a panel of judges live through a zoom video conference. At the same time the professional videographer of this project visited each residence and did an onsite video recording of the cooking session.

Consultant Nutrition Physicians, Senior Registrars in Nutrition, Experts in the field of Non - Communicable Diseases, and culinary experts comprised the panel of judges. At the time of judgment due consideration was given to the total amount of salt added to the meal which included the hidden amounts of salt in added ingredients. Apart from the nutritional value, cleanliness, safety, and hygiene during food preparation and final presentation of the food were included. Teams were selected based on the recipes, video recordings, and live judging. 5 teams out of the 20 teams that contested were selected. Winning teams were announced in a meeting with the contestants in the presence of the jury.

The Final round of the National Low salt Cooking Challenge was successfully held on the 30th of October 2021, at Galle Face Hotel. Prior to the event a virtual press conference was held by Dr Renuka Jayatissa The president – Sri Lanka Medical Nutrition Association, on the 25th of October 2021, to raise awareness about the importance of low salt consumption among the public.

The final event started at 3.30 pm in the presence of the delegates who were invited. It was held strictly adhering to the COVID 19 safety rules. Madam Shiranthi Wickramasinghe Rajapaksa (1st Lady to the 5th executive President of Sri Lanka, current Prime minister) attended the event as the chief guest. Dr. Amal Harsha de Silva, Secretary – State Ministry of Backward Rural Areas Development and Promotion of Domestic Animal Husbandry & Minor Economic Crop Cultivation, Dr. Olivia Nieveras, Public Health Administrator for World Health Organization, Sri Lanka participated as guests of honor. Officials from the Ministry of Health, World Health Organization, members of Sri Lanka Medical Nutrition Association, and Chefs Guild of Lanka also took part in the event.



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The judging panel consisted of Dr. Renuka Jayatissa - The president - Sri Lanka Medical Nutrition Association, Dr. Shanthi Gunawardena - Consultant Community Physician - Non-Communicable Diseases, Ministry of Health, Chef Madhawa Weerabaddena - The Director Chefs Guild of Lanka, Mrs. Kumuduni Gunasekara, Chairman - Sri Lanka Spice Board, Chef Thennakoon from Chefs Guild of Lanka, and Mrs. Chathurika Wijesingha, Former President - Sri Lanka Women Lawyers' Association.



The event was telecasted virtually through a zoom video conference where the other stakeholders and interested parties joined, and witnessed the cooking competition. The winners of the final round were announced at the end of the event. The team from Nuwara Eliya district succeeded in winning the 1st place, the second place by team Chilaw and the third place by team Matale respectively. Team Kurunegala and Kuliyapitiya took the fourth and fifth place respectively.



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Low salt recipes

2021

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Measurements

ABBREVIATIONS

Teaspoon	tsp
Tablespoon	tbsp
Yoghurt spoon	ygrtsp
Milliliter	ml
Gram	g
Kilogram	kg

VOLUMES

Household measures	Metric
½ tsp	2.5 ml
1tsp	5 ml
½ tbsp	7.5 ml
1tbsp	15 ml
½ cup	100 ml
1 cup	200 ml

WEIGHT

Salt Yoghurt spoon	2.5 g
Teaspoon (level)	5 g
Chili powder yoghurt spoon	1 g
Teaspoon (level)	2 g
Chili pieces Teaspoon	3 g
Curry powder yoghurt spoon	1.2 g
Teaspoon (level)	2.5 g
Pepper powder yoghurt spoon	1.2 g
Teaspoon (level)	2.2 g
Pepper (whole) Teaspoon	4.5 g
Turmeric powder yoghurt spoon	1.3 g
Teaspoon (level)	4.2 g

WEIGHT

Mustard seeds yoghurt spoon	1.2 g
Teaspoon (level)	3 g
Fenugreek yoghurt spoon	1.2 g
Teaspoon (level)	2.2 g
Cumin seeds Teaspoon	2.5 g
Tamarind (one seed)	1 g
Sugar Teaspoon (level)	3 g
Teaspoon (semi heaped)	7 g
Teaspoon (heaped)	9 g
Cinnamon stick (small)	0.5 g
Garcinia (Goraka) one piece	3.2 g
Cardamom one pod	0.3 g
Ginger one piece	2.0 g
Maldives fish Teaspoon (heaped)	5 g
Red onion Small	2 g
Medium	3 g
Large	6 g
Garlic Small	1 g
Medium	4 g
Large	6 g
Curry leaves one branch	2 g
Green chili Small	1.5 g
Medium	2.5 g
Large	3.5 g
Coconut scraped Tablespoon	
Dates one fruit	10 g
Curd Tablespoon	14 g

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Serves 02 adults



No added salt

Energy	702.7 kcal
Protein	13.0 g
Fat	1.0 g
Salt	0 g

METHOD

1. Wash the rice thoroughly
2. Add turmeric, pandan leaves, cardamom, coconut/king coconut water to the rice
3. Cook the rice



Serves 02 adults



No added salt

Energy	1029.7 kcal
Protein	18.7 g
Fat	16.3 g
Salt	0 g

Herbal Rice

INGREDIENTS

Jeera Samba (Suduru samba) rice	250 g
Avocado leaves	03
Asparagus (Hathawariya)	03
Indian Copperleaf (Kuppameniya)	02
Red onion	10 g
Pandan leaves (Rampe)	01
Curry leaves branch	01
Carrot	01
Cinnamon $\frac{1}{4}$ size	01
Coconut oil	1 tbsp
Fish stock	3 cups

METHOD

1. Blend avocado leaves, asparagus, Indian copperleaf and carrot separately and take the juice.
2. Wash rice well, add fish stock and cook.
3. Divide the rice into 3 equal portions.
4. Sauté red onion, curry leaves, cinnamon separately in $\frac{1}{4}$ tsp of oil.
5. Temper the rice portions separately and add the color extracted from avocado leaves, asparagus, Indian copperleaf and carrot juice.
6. While hot, serve the rice into a cup in a way it has its own separate colors.
7. And transfer the rice onto a plate.



Serves 02 adults



No added salt

Energy	1209.7 kcal
Protein	31.8 g
Fat	25.7 g
Salt	0 g

Lemongrass Infused Rice

INGREDIENTS

Suwandal rice	1 cup
Onion	1 small
Garlic	2 cloves
Lemongrass	1 small piece
Curry leaves	1 branch
Cloves	4
Cinnamon	1 small piece
Cardamom	2
Oil	2 tspn
Boiled chickpeas	100 g
Butter	2 tsps

METHOD

1. Put the oil in the pan and stir fry the onions, garlic, spices, lemongrass and the curry leaves.
2. When these are fried, add the rice.
3. Then add 1½ cups of water and cook the rice.
4. Mash the boiled chickpeas and mix with the butter.
5. Serve it with the rice when plating.



Serves 02 adults



No added salt

Energy	295.4 kcal
Protein	17.1 g
Fat	1.3 g
Salt	0 g

Steamed Shrimp & Broccoli Rice

INGREDIENTS

Cooked Suduru Samba Rice	One Cup
Broccoli	100 g
Shrimp	50 g
Tamarind Juice	2 tbsp
Basil	5 g

METHOD

1. Clean and wash the Shrimp Properly.
2. Grated the cleaned Broccoli.
3. Steam Shrimp and Broccoli 5-10 min.
4. Steamed shrimp and Broccoli sauté with Tamarind juice.
5. Sprinkle Basil to this Mixture and add cooked rice and mix well.



Serves 03 adults



No added salt

Energy	518.0 kcal
Protein	42.7 g
Fat	8.5 g
Salt	0 g

Black Pepper Mixed Protein Basmati Rice

INGREDIENTS

Cooked Basmati Rice	One Cup
Broccoli	100 g
Chicken	100 g
Oyster Mushrooms	100 g
Egg	1
Parsley	½ tsp
Mint Leaves	½ tsp
Curry Leaves	½ tsp
Black Pepper Powder	½ tsp
Yogurt	1 tsp
Plums	20 g
Ginger	5 g
Garlic	5 g

METHOD

1. Clean and wash the chicken, mushrooms and broccoli properly.
2. Steam the washed chicken, mushrooms and broccoli for 5 min by adding $\frac{1}{4}$ tsp of black pepper.
3. Add one egg to a bowl and add a pinch of pepper, mint leaves, parsley, coriander leaves and mix well. Then add this mixture to 3 small cutleries and steam together in a steamer.
4. In low flame add yogurt to a saucepan and add ginger - garlic paste.
5. When aroma comes add steamed mushroom, broccoli and chicken to it and mix well.
6. Add basmati rice to the saucepan and mix well.
7. Present it with sprinkled plums and steamed (poached) egg.



Serves 03 adults



No added salt

Energy	229.6 kcal
Protein	4.4 g
Fat	0.4 g
Salt	0 g

Carrot Rice & Butterfly Pea (Nil-katarolu) Rice

INGREDIENTS

Carrot rice

Suwandal rice	50 g
Carrot	10 g
Coconut milk	10 ml

Butterfly pea (Nil-katarolu rice)

Suwandal rice	50 g
Butterfly pea flower (Nil-katarolu mal)	10 g
Coconut milk	10 ml

METHOD

Carrot rice

1. Wash rice properly. Place in a pot or in a rice cooker. Cook rice with carrot.
2. Finish with coconut milk

Butterfly pea (Nil-katarolu rice)

1. Wash rice properly.
2. Place in a pot or in a rice cooker.
3. Cook rice with butterfly pea flower.
4. Finish with coconut milk.



Serves 03 adults



No added salt

Energy	944.4 kcal
Protein	44.1 g
Fat	2.3 g
Salt	0 g

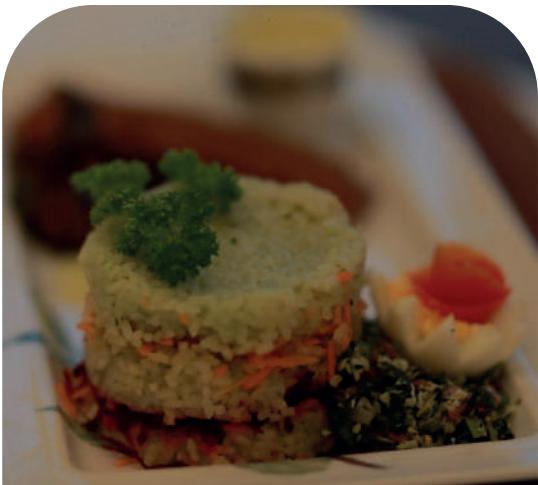
Chicken & Mushroom Mixed Rice

INGREDIENTS

Jeera (Suduru) samba	300 g
Mushroom	100 g
Drumstick leaves	20
Small onions	5
Garlic cloves	2
Cinnamon leaves	2
Cardamom	2
Chicken drumstick	2

METHOD

1. Cook the rice
2. Fry all the above ingredients together
3. Add them to the rice



Serves 03 adults



No Added salt

Energy	805.4 kcal
Protein	16.1 g
Fat	1.5 g
Salt	0 g

Spinach Rice (Nivithi Batha)

INGREDIENTS

Suwandal Rice	300 g
Spinach	15 g
Water	500 ml
Pandan leaves (Rampe)	1 piece

METHOD

1. Wash the rice thoroughly.
2. Add 500 ml of water and boil the rice.
3. When it is boiling add pandan leaves into the rice.
4. Wash the spinach leaves, put into a food processor or blender and add a little amount of water and blend well.
5. When the rice is done add the spinach into rice, mix well until rice becomes green color.
6. Serve with curries.



Serves 03 adults



No added salt

Energy	692.6 kcal
Protein	15.6 g
Fat	3.5 g
Salt	0 g

Suwandal Rice With Traditional Yam

INGREDIENTS

Water	275 ml
Suwandal rice	150 g
Purple yam (Raja ala)	125 g
Colocasia (Kiri ala)	125 g

METHOD

1. Cook the rice in a rice cooker.
2. Steam purple yam and colocasia in a steamer until non-sticky.
3. Serve in a way the colors are visible



Serves 02 adults



No added salt

Energy	574.0 kcal
Protein	10.0 g
Fat	5.7 g
Salt	0 g

Cardamom Rice With Sautéed Lotus Root & Banana Blossom

INGREDIENTS

Basmati Rice	150 g
Lotus root	10 g
Banana blossom	10 g
Cardamom	5 g
Coconut oil	1/4 tsp

METHOD

1. Cook the rice in an appropriate cooker
2. Blend the cardamom to powder form
3. Sauté lotus root and banana blossom with $\frac{1}{4}$ teaspoon of coconut oil in a pan
4. Mix all the ingredients with rice and serve



Serves 02 adults



No added salt

Energy	1365.8 kcal
Protein	27.8 g
Fat	17.8 g
Salt	0 g

Semolina Mixed Rainbow Rice

INGREDIENTS

Suduru Samba	200 g
Semolina	150 g
Butterfly pea flower extract (Nil katarolu)	
China rose extract (wada mal)	
Pandan leaf (Rampe) extract	
Water	2 cups
Curry leaves	2 tspn
Pandan leaves (Rampe)	small piece
Garlic	2 cloves
Big onion	half
Coconut oil	1 tbsp

METHOD

1. Cook the rice
2. Add oil onto a pan
3. Add the cut curry leaves, pandan leaves, garlic, big onion and allow to cook
4. Add semolina and water and allow to cook
5. Once cooked allow to cool
6. Divide the rice and semolina mixture into 4 portions
7. Add butterfly pea flower extract, China rose extract, Pandan leaf extract, to separate portions of rice



CHICKEN & MEAT

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Serves 02 adults



Added salt per person 0.65 g

Energy	319.7 kcal
Protein	57.1 g
Fat	1.9 g
Salt	1.25 g

Chicken Ambulthiyal Kebab BBQ

INGREDIENTS

Chicken breast	200 g
Garcinia (Goraka)	35 g
Tamarind	15 g
Salt	1/4 tsp
Pepper powder	3/4 tsp
Turmeric powder	1/4 tsp
Curry leaves 1 branch	
Pandan Leaves (Rampe)	1 piece
Lemongrass	10 g
Cinnamon 1 inch piece	
Garlic	20 g
Roasted curry powder	1 1/4 tsp
Coconut water	1/4 cup
Cumin seeds	1/8 tsp
Banana leaf	
Kebab sticks	4

METHOD

1. Add goraka, pepper powder, garlic and water to a sauce pan and boil for 15 minutes.
2. Cut chicken into 1-inch squares.
3. Apply cut chicken pieces into kebab sticks.
4. Grind the boiled ingredients.
5. Dissolve tamarind, curry powder, pepper powder and powdered salt in coconut water.
6. Add this mixture to the ground goraka paste.
7. Roast cumin seeds, grind coarsely and add to the previous mixture.
8. Marinate chicken kebab with this paste and refrigerate for 30 minutes.
9. Place banana leaf in a flat bottom pan, spread the kebab and cook on medium flame.
10. Cook until the chicken is tender.



Serves 02 adults



Added salt per person 0.25 g

Energy	596.7 kcal
Protein	52.1 g
Fat	37.1 g
Salt	0.5 g

Chicken Curry with Blended Almond & Tomato

INGREDIENTS

Chicken Breast	200 g
Almonds	10 g
Tomato	150 g
Bell Pepper (Red / Green / Yellow each 20g)	60 g
Ginger	1/4 tsp
Garlic	1/4 tsp
Chili Powder	1/4 tsp
Anise seeds	1/4 tsp
Cinnamon	1/4 tsp
Curry leaves	5 g
Crushed black paper	1/4 tsp
Medium lime (squeezed)	1/2
Turmeric	1/8 tsp
Sunflower oil	2 tbsp
Salt	1/2 g

METHOD

1. Cut Chicken breast into 2 portions.
2. Marinate it with lime, crushed pepper, salt, turmeric and keep a side.
3. Take a frying pan and add Sunflower oil on medium flame.
4. Add ginger, garlic, cumin, cinnamon, anise and curry leaves and mix well.
5. Add marinated two portions of chicken breast to the frying pan and sauté well for 5 min on both sides of the chicken breast.
6. Blend almonds and tomato together till it gets a nice paste.
7. Add paste to frying pan and heat it for 10 min.
8. Sprinkle sesame seeds on to the checken curry.



Serves 02 adults



Added salt per person 0.5 g

Energy	811.0 kcal
Protein	99.1 g
Fat	8.4 g
Salt	1 g

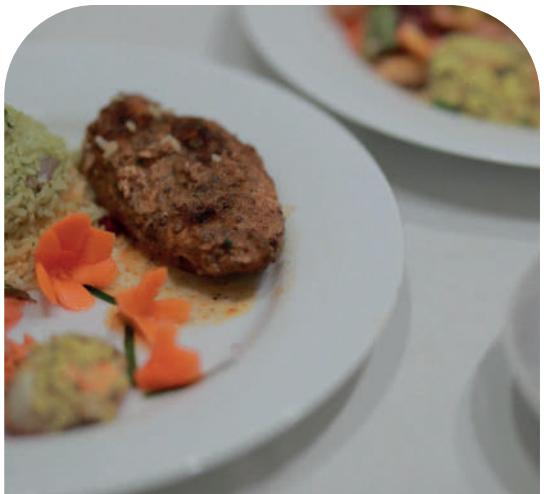
Jackseed Stuffed Chicken Roulade

INGREDIENTS

Boiled jackseeds	200 g
Chicken breast	400 g
Beet root (cut into thin round slices)	1
Onion	1 small
Garlic	2-3 cloves
Roasted curry powder	1/2 tspn
Chili powder	1/2 tspn
Thick coconut milk	1tblspn
Pinch of salt	
Lime	1/4
Oil	1tsp

METHOD

1. Stir fry the onion and garlic with the curry powder and chili.
2. Cut the jack seeds into small pieces and add to it.
3. Roast it until it turns golden brown.
4. Add the coconut milk and cook it to a thick curry.
5. Pound the chicken into a thin layer.
6. Lay slices of beetroot on it.
7. Then put the jack seed filling.
8. Roll the chicken and wrap in aluminium foil.
9. Steam for 15 minutes.
10. Once cooked remove the foil and slice the chicken.



Serves 02 adults



Added salt per person 0.5 g

Energy	530.7 kcal
Protein	97.4 g
Fat	7.5 g
Salt	1 g

Masala Grilled Chicken

INGREDIENTS

Chicken breast	400 g
Garlic clove	3-4
Ginger	1 piece
Pepper	1 tsp
Cardamom	
Cumin seeds	
Nutmeg (Saadikka)	
cinnamon	
curry leaves 01 branch	
lime	1 tbsp
butter	1 tbsp
salt	1 g
chili powder	1 tsp

{ roast in a pan and ground powder 1 tbsp

METHOD

1. Wash and clean the chicken well
2. Season the chicken with the masala mixture, salt and lime for 2-3 hours
(Mixture made out of all the ingredients mentioned above)
3. Brush melted butter over the chicken
4. Place a pan on fire and cook the chicken on both sides.
5. Serve the grilled chicken on a plate and glace it with lemongrass curry sauce



Serves 03 adults

Added salt per
person 0.66 g

Energy	285.9 kcal
Protein	60.3 g
Fat	1.8 g
Salt	2 g

Sour Chicken (Ambulthiyal)

INGREDIENTS

Boneless chicken breast	250 g
Garcinia / Gamboge (Goraka)	50 g
Pepper	15 g
Coriander powder	½ tsp
Curry leaves	1 branch
Garlic	20 g
Salt	2 g
Ginger	5 g
Water	

METHOD

1. Grind garcinia / gamboge, pepper, garlic and ginger well. Set aside.
2. Slice the chicken breast into large pieces.
3. In a bowl add ground mixture, pour adequate amount of water to make mixture into a thick batter.
4. Add salt and coriander powder.
5. Take chicken pieces one by one and coat with thick batter well.
6. In a clay pot, spread the curry leaves on the bottom and lay the coated chicken pieces on it.
7. Set fire, close with a lid and cook until chicken pieces become tender.
8. Serve with rice.



Serves 02 adults

Added salt per person 0.5 g

Energy	751.0 kcal
Protein	40.9 g
Fat	46.0 g
Salt	1 g

Paneer & Meatball Masala Curry

INGREDIENTS

1. Preparation of Paneer

Fresh milk	400 ml
Lime Juice	1 lime

2. Preparation of meatballs

Chicken (skin and boneless)	100 g
Garlic paste	5 g
Chickpea flour	5 g
Soya flour	5 g
Basil leaves powder	0.5 g
Thyme powder	0.5 g

3. Ingredients for Masala curry mixture

Tomato	200 g
Water	100 g
Cashew	20 g
Ginger paste	5 g
Green chili	5
Coriander leaves	3
Cinnamon	1
Red chili	1
Cardamom	0.5
Bay leaves	0.5
Salt	1 g

METHOD

Method of preparation of Paneer

- Boil the fresh milk to 80°C and add lime juice and allow the mixture to curdle
- Then separate the whey by straining through a clean white cloth
- Allow the mixture to set by pressing it with a heavy weight (around 2kg)
- Keep in the freezer for 15 mins
- Cut it into cubes

METHOD

Method of preparation of Meat Balls

1. Add all the ingredients mentioned and blend it
2. Take the mixture and make into balls
3. Steam the meatballs for 10 minutes

Method of preparation of masala curry mixture

1. Add all ingredients into a pan and cook for 15 minutes
2. Blend it into a paste

Method of preparation of Paneer meet-ball masala curry

1. Add masala curry mixture into a pan
2. Add the cubed paneer and the steamed meatballs
3. Cook for 5 minutes in low flame
4. Garnish with coriander leaves and sliced red chili



Serves 03 adults



No added salt

Energy	540.2 kcal
Protein	53.6 g
Fat	33.3 g
Salt	0 g

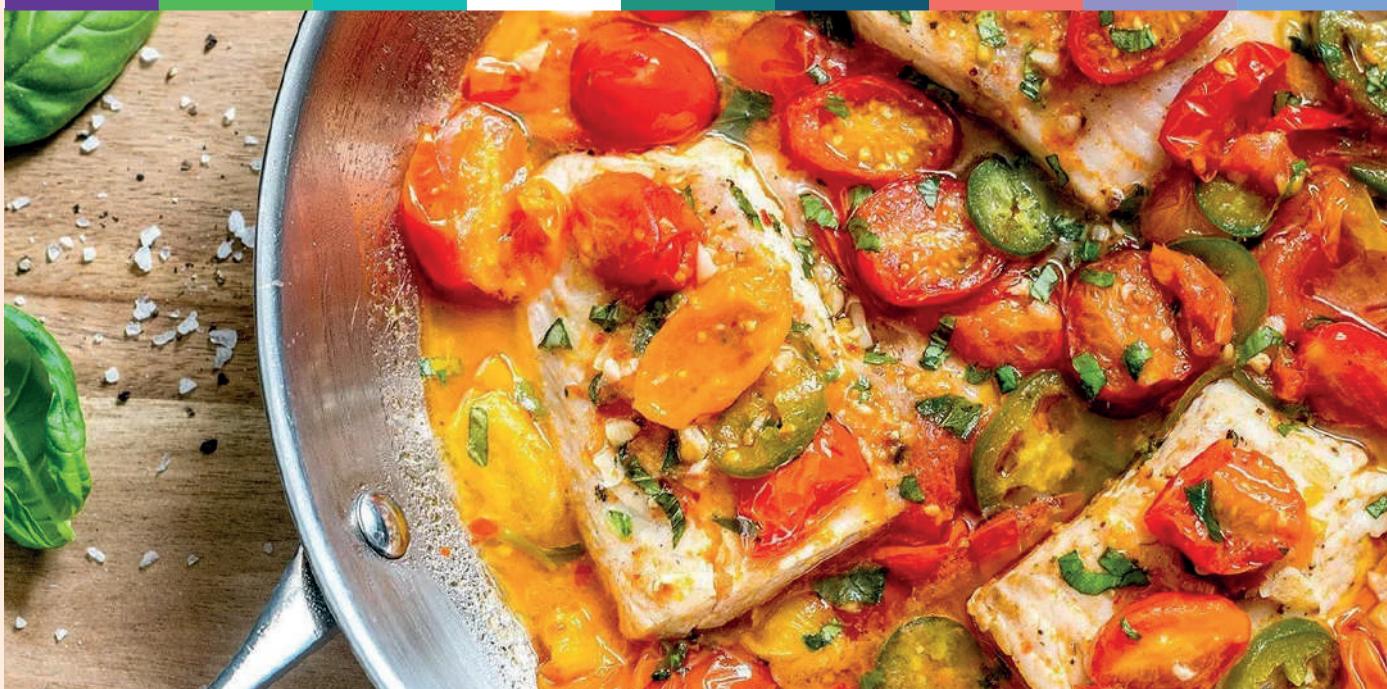
Coconut Mix (Pol Mallum) Stuffed Chicken Breast Coated With Beetroot

INGREDIENTS

Chicken Breast	200 g
Grated coconut	50 g
Egg white	20 g
Mustard seed	5 g
Curry leaves	3 g
Pandan leaves (Rampe)	2 g
Sliced onion	10 g
Chopped garlic	5 g
Spinach	10 g
Dried beetroot	5 g
Cinnamon stick	1
Lime juice	5 ml
Chopped green chili	5 g

METHOD

1. Add coconut oil into a heated pan.
2. Pop up the mustard seeds, sauté onion, garlic and cinnamon stick.
3. Add grated coconut, turmeric powder, green chili and cook for a few minutes with lime juice.
4. Allow it to cool, remove pandan and curry leaves and bind with egg white.
5. Flatten the chicken breast, lay out the blanched spinach.
6. Center coconut mix and make a roulade.
7. Cover with aluminum foil, steam it for 20 minutes.
8. Cut into required size and coat with beetroot.



FISH & SEAFOODS

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Serves 03 adults



Added salt per person 0.3 g

Energy	278.0kcal
Protein	22.2 g
Fat	16.8 g
Salt	1.0g

Mustard Seed & Onion Tempered Lagoon Prawn

INGREDIENTS

Lagoon prawns	100 g
Garcinia (Goraka)	09 g
Mustard seed	2 g
Curry leaves	1 g
Green chili	2 g
Crushed pepper	2 g
Curry powder	2 g
Turmeric powder	1 g
Chili pieces	2 g
Salt	1 g
Chopped onion	5 g
Chopped garlic	5 g
Cinnamon stick	3 g
Lime juice	5 ml
Pandan leaves (Rampe)	1 g
Cloves	2
Cardamom	2

METHOD

1. Add oil into a heated pan. Pop up the mustard seed, sauté onion, garlic, cinnamon stick, garcinia.
2. Add prawns with turmeric powder.
3. Cook for 03 minutes, add lime juice & salt.
4. Remove the garcinia & cinnamon stick from the pan.
5. Temper well.



Serves 01 adults 

Added salt per
person 0.5 g

Energy	117.2 kcal
Protein	20.8 g
Fat	1.9 g
Salt	0.5g

Mustard Seed (Aba), Red Onion (Rathu Lunu) Coated Lagoon Prawns

INGREDIENTS

Medium Prawns	100 g
Mustard seeds	2 g
Red onion	30 g
Garlic	20 g
Pandan leaves (Rampe)	2 g
Curry leaves	2 g
Curry powder	5 g
Chili powder	15 g
Salt	0.5 g
Garcinia (Goraka)	4 g

METHOD

1. Add oil into a heated pan. Pop up the mustard seed, sauté red onion, garlic, cinnamon stick and garcinia.
2. Add prawns with turmeric powder, curry powder. Cook for 03 minutes & add salt.
3. Remove the garcinia & cinnamon stick from the pan and temper well.



Serves 01 adults

Added salt per
person 0.5 g

Energy	103.6 kcal
Protein	10.0 g
Fat	5.5 g
Salt	0.5g

Batticaloa Crab Gravy

INGREDIENTS

Lagoon crabs	50 g
Lime juice	5 ml
Pepper	5 g
Curry leaves	2 g
Chopped garlic	5 g
Coconut milk	10 ml
Coconut oil	1 tsp
Turmeric powder	2 g
Drumstick leaves	50 g
Salt	0.5 g

METHOD

1. Season the crabs with lime juice, pepper.
2. Heat a pan with coconut oil.
3. Add mustard seed, chopped onion, garlic, curry leaves, crab meat, turmeric powder and cook for some time.
4. Finish with drumstick leaves.



Serves 02 adults



No added salt

Energy	453.8 kcal
Protein	66.2 g
Fat	5.8 g
Salt	0 g

Pot Roasted Prawns

INGREDIENTS

Medium sized prawns	300 g
Kochchi chili	8
Ginger-small piece	
Lemongrass	2 pieces
Garlic cloves	5
Small onion	8
Turmeric	1/4 tsp
Curry powder	2 tbsp
Pepper	1/4 tsp
Curry leaves	few
Tamarind juice	40 ml
Lime juice	1/2 a lime
Curd	1 tbsp
Drumstick leaves	20 g

METHOD

1. Clean the prawns
2. Blend kochchi chili, ginger, lemongrass, garlic and small onion together
3. To the mixture add turmeric powder, curry powder and pepper
4. On a clay pot lay a banana leaf and to that add the blended mixture, curry leaves, curd and tamarind juice and cook for a few minutes
5. Then add the prawns and mix well with the mixture.
6. Cook for 10 minutes in medium heat with the lid closed
7. Before taking it out of the stove add the drumstick leaves
8. Add lime juice if needed



Serves 02 adults



Added salt per person 0.5 g

Energy	565.6 kcal
Protein	46.8 g
Fat	26.6 g
Salt	1 g

Prawn Stuffed Tomato Curry

INGREDIENTS

Prawns 200 g	cut into small pieces
2 medium sized tomatoes	
Sweet potato 100 g	boiled and mashed
Onion one small	chopped
Curry leaves chopped	½ branch
Garlic	2 cloves
Ginger paste	½ tspn
Green chili	3
Coriander leaves	5 - 6 branches
Cinnamon	1 small piece
Chili powder	1 tsp
Pinch of salt	
Tamarind	(1-2seeds)
Thick coconut milk	1 cup
Cashew paste	1 tbsp
Oil	3 tsp

METHOD

1. Cut the tomatoes from the top as a lid.
2. Scoop out the flesh of the tomatoes.
3. Put the oil to a pan and stir fry half of the garlic, ginger, onion, cinnamon and curry leaves.
4. Stir fry all these and add chili powder.
5. Then add the prawns and the sweet potatoes.
6. Make it into a mixture and fill the tomatoes with this mixture.
7. Then in a pan, stir fry the rest of the onion, garlic, curry leaves, chili powder and temper it.
8. Then add the flesh of the tomato, cashew paste and thick coconut milk.
9. Simmer it and add the stuffed tomatoes and bring it to boil.
10. Add a pinch of salt to the gravy.
11. Add the chopped coriander leaves at the end.



Serves 01 adults

Added salt per
person 0.5 g

Energy	210.5 kcal
Protein	31.7 g
Fat	6.7 g
Salt	0.5 g

Pumpkin Leaves Wrapped Steamed Trevallies (Paraw Fish)

INGREDIENTS

Pumpkin leaves	02
Trevallies (Paraw fish)	100 g
Salt	0.5 g
Pepper	6 g
Tamarind paste	6 g

METHOD

1. Marinate trevallies fillets with salt, pepper, tamarind paste.
2. Wrap in pumpkin leaves and steam for 20 minutes.



Serves 02 adults



Added salt per person 0.5 g

Energy	789.5 kcal
Protein	41.1 g
Fat	65.3 g
Salt	1 g

Seafood Mix (Mallum)

INGREDIENTS

Large prawns	2
Crab	1
Trevallies (Paraw fish)	50 g
Scraped coconut	100 g
Turmeric	1/4 tsp
Garlic	10 g
Red onion	10 g
Salt 1 pinch	
Garcinia (Goraka)	1
Pepper	1 tsp
Mustard	1 tsp
Pandan leaves and curry leaves	few
Cumin	5 g

METHOD

1. Clean the prawns, crab and fish
2. Boil the fish with half a cup of water
3. Smash the fish well
4. Add all the other ingredients to the scraped coconut and mix well
5. Add fish to the coconut mixture and temper well



Serves 02 adults



No added salt

Energy	468.1 kcal
Protein	49.8 g
Fat	25.3 g
Salt	0 g

Bottle Gourd Fill-up

INGREDIENTS

Bottle gourd leaves	2
Eggs	2
Sailfish (Thalapath)	3 small pieces
Chili pieces	1tsp
Tomato juice	1tsp
Raw (Kekulu) rice flour	2 tsp
Coconut oil	1tbsp
Chili powder	¼ tsp

METHOD

1. Apply oil to a frying pan
2. Keep the bottle gourd leaf on the pan
3. Place the prepared sailfish, chili pieces, tomato juice, rice flour mixture on the leaf and roll
4. Then allow to fry and cut it into pieces



Serves 02 adults



No added salt

Energy	174.3 kcal
Protein	18.0 g
Fat	9.7 g
Salt	0 g

Mustard Taste Sailfish (Thalapath Malu) Mix (Mallum)

INGREDIENTS

Sailfish (Thalapath malu)	75 g
Drumstick leaves	10 g
Red onion	6 g
Garlic	5 g
Kochchi chili	4 g
Ginger	3 g
Whole pepper	2 g
Cinnamon	0.5 g
Pumpkin seeds	10 g
Mustard cream	7 g
Coconut oil	5 g
Scraped coconut	5 g
Drumstick bark	4 g
Curry leaves	2 g
Lime juice	2 g
Turmeric powder	0.1 g

METHOD

1. Marinate sailfish cut into pieces with freshly ground mustard, turmeric powder and lime juice for 10 minutes.
2. Place a pan on fire and add little oil.
3. Add ground ginger, mustard and marinated fish pieces and cook for 2 minutes.
4. Finely grind grated coconut, drumstick bark, kochchi chili and pumpkin seeds using a blender.
5. Place this coconut mix on fire and add finely chopped, cinnamon and curry leaves and temper for 3 minutes on medium flame.
6. Add shallow fried fish pieces to the coconut mix, cook for 2 minutes on medium flame and remove from fire.



Serves 03 adults



Added salt per person 0.3 g

Energy	278.8 kcal
Protein	45.9 g
Fat	2.6 g
Salt	1 g

METHOD

1. Cut fish into 3 portions.
2. Marinate it with lime, crushed pepper, salt, turmeric and keep aside.
3. Take a frying pan and add cumin, cinnamon, cardamom, dry chili, chili flakes, chili powder, ground coriander powder, fenugreek seeds, anise, curry leaves and roast on medium flame for a few seconds till aroma comes.
4. Then add marinated fish and mix well.
5. Add bell pepper, ginger, garlic and small onion to the blender and blend it with little water.
6. Add the blended mixture to a frying pan and heat it for 5 min by adding steamed sweet potatoes.
7. Sprinkle dry basil and green onions and serve it hot.



Serves 03 adults



No added salt

Energy	161.1 kcal
Protein	32.7 g
Fat	1.7 g
Salt	0 g

Sailfish Sour Curry (Thalapath Ambulthiyal)

INGREDIENTS

Sailfish (Thalapath)	150 g
Garcinia (Goraka)	30 g
Garlic	10 g
Ginger	10 g
Onion	10 g
Curry leaves	5 g
Roasted curry powder	5 g

METHOD

1. Grind all the ingredients except fish until a smooth paste.
2. Coat the fish with paste. Cook it for 20 minutes.



Serves 02 adults



No added salt

Energy	247.8 kcal
Protein	39.1 g
Fat	3.0 g
Salt	0 g

Lemongrass Cuttlefish Dressed With Spinach

INGREDIENTS

Cuttlefish	200 g
Coconut milk	100 ml
Spinach	30 g
Tamarind	5 g
Tomato	50 g
Chili powder	3 tsp
Lemongrass	1
Curry leaves	10
Pandan leaves (Rampe)	1 g
Bird chili (Nai miris)	5
Lime	1
Garlic	5 g
Onion	20 g
Pepper	5 g

METHOD

1. Season the cuttlefish with lime, pepper, chili powder and tamarind
2. Put the seasoned cuttlefish in a pot and allow to cook on a burner
3. Add all other ingredients except spinach and give a little mix
4. Turn off the fire and finish the dish by adding spinach



Serves 02 adults



No added salt

Energy	204.5 kcal
Protein	43.9 g
Fat	2.7 g
Salt	0 g

Sour Fish Curry (Maalu Ambulthiyal)

INGREDIENTS

Skipjack tuna fish (Bala malu)	200 g
Garcinia (Goraka) paste	½ tsp
Pepper	½ tsp
Chili powder	½ tsp
Pinch of turmeric powder	
Chopped ginger, Bird chili,	
Cinnamon, Garlic, Cardamon	½ tsp
Canereed leaves (Thebu leaves)	8

METHOD

1. Clean and wash the fish
2. Add garcinia paste, pepper, chilli, turmeric, ginge, and mix well
3. Mix the fish with the paste and keep it for 10 minutes
4. Take a piece of fish and wrap it with the canereed leaves and anchor it with a toothpick
5. In a clay pot place a banana leaf and keep it on heat
6. Place the fish in the clay pot and cook it for a few minutes in low flame
7. When it is ready ,eat it as a whole with the thebu leaves



Serves 02 adults



No added salt

Energy	282.4 kcal
Protein	31.5 g
Fat	2.1 g
Salt	0 g

Seafood Chutney

INGREDIENTS

Balaya fish	50 g	boiled without salt & cut into pieces
Prawns	50 g	
Crabs	50 g	
Sugar	1 tbsp	
Dates (seed & skin removed)	20 g	
Vinegar (more or less as needed)	4 tbsp	
Chili powder	2 tsp	
Turmeric powder	3 tsp	
Cumin powder	1 tsp	
Pepper powder	1 tsp	
Mustard (powdered)	½ tsp	
Cinnamon powder	½ tsp	
Cardamom	02	
Clove	04	
Ginger	5 g	
Garlic	5 g	
Curry leaves	few	

METHOD

1. Add Vinegar to the mustard powder and keep it aside.
2. Grind Cardamom, Clove, Ginger, Garlic and Curry leaves.
3. To a clay pot add vinegar sugar and heat it.
4. Then add the ground paste, chili powder, turmeric powder, cumin powder, pepper powder, mustard powder and cinnamon powder to it.
5. Then add dates into it
6. Add the cut pieces of fish, prawns and crab into it.
7. Add vinegar if needed according to the taste and serve.



Serves 02 adults



No added salt

Energy	511.8 kcal
Protein	63.1 g
Fat	15.4 g
Salt	0 g

Seafood & Vegetable Choupsey

INGREDIENTS

Prawns	300 g
Lasia (Kohila ala)	30 g
Cassava	30 g
Carrot	30 g
Green beans	2
Murunga leaves	1tbsp
Avocado	2 tbsp
Cumin seeds	½ tsp
Dry lime pickle	¼ tsp
Lime juice	1tsp
Fish stock	1tsp
Mint leaves	few
Coriander leaves	few

METHOD

1. Add oil onto a pan
2. Heat the oil and add prawns
3. When the prawns start to temper add the cumin seeds and drumstick leaves
4. To that, add the cut pieces of cassava, Lasia & carrot
5. Then add the beans, Fish stock and lime pickle
6. Cut the avocado into small pieces and add lime juice
7. Add the cut avocado into the pan
8. Mix it for a few seconds and remove the pan from heat
9. Lastly garnish with mint and coriander leaves



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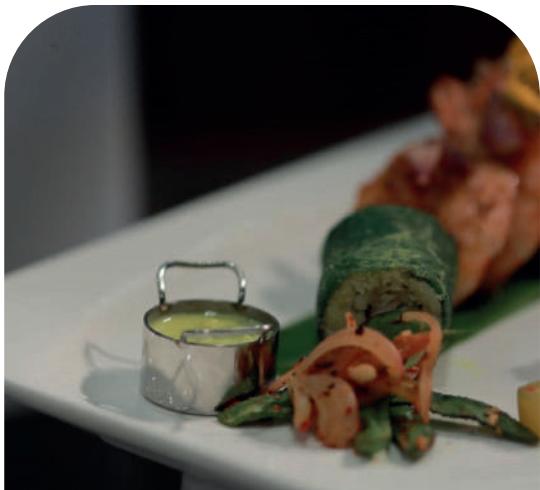




VEGETARIAN

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Serves 01 adults

Added salt per person 0.5 g

Energy	37.3 kcal
Protein	2.5 g
Fat	0.3 g
Salt	0.5 g

Avara Beans Dry Curry

INGREDIENTS

Avara beans	60 g
Onion	10 g
Garlic	10 g
Tomato	10 g
Salt	0.5 g
Pepper	3 g
Green chili	4 g
Curry leaves	2 g
Pandan leaves	2 g
Curry powder	5 g
Chili powder	5 g
Turmeric powder	2 g
Mustard seed	3 g

METHOD

1. Add oil into a heated pan.
2. Pop up the mustard seed, sauté onion, garlic, pandan leaves, curry leaves, green chili.
3. Add curry powder, chili powder and turmeric powder.
4. Then add avara beans & tomato and cook for 4 minutes



Serves 02 adults



No added salt

Energy	335.5 kcal
Protein	18.9 g
Fat	5.2 g
Salt	0 g

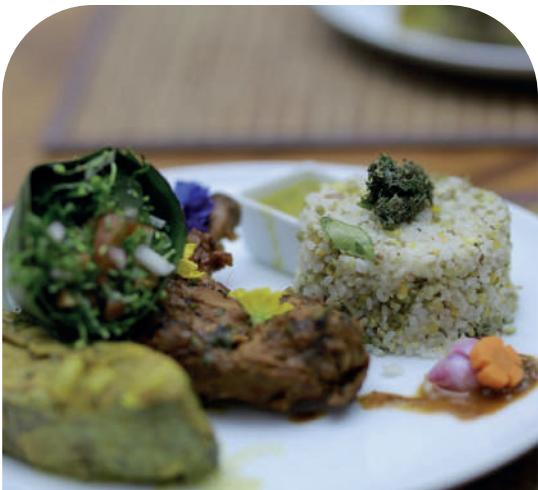
Banana Stem Curry (Keselbada Maluwa)

INGREDIENTS

Banana Stem	200 g
Turmeric	2 g
Chickpea	50 g
Pandan leaves	
Red onion (1 small piece)	2 g
Curry leaves	1 branch
Green chili	10 g
Fenugreek	2 g
Garlic	10 g
Cinnamon	2 g
Maldive fish (optional)	30 g
Ground mustard seeds	2 g
Coconut milk - first extract	1/2 cup
Coconut milk - second extract	1 cup

METHOD

1. Clean and cut the banana stem into strips.
2. Steam the chickpea and set aside.
3. Slice the onion, green chili and crush the garlic.
4. Take a clay pot and put all ingredients into the pot including steamed chickpea and coconut milk (second extract). Place on fire and cook for about 05 min till the mixture boils.
5. When boiling add 1/2 cup of coconut milk (first extract) and cook for another 5 minutes until the curry sets.
6. Turn off the fire and serve.



Serves 03 adults



No added salt

Energy	235.6 kcal
Protein	5.9 g
Fat	19.4 g
Salt	0 g

METHOD

1. Take curry leaves, garlic and red onion, grind well.
2. Add grated coconut and grind it again until fine particles.
3. Add lime juice and mix well.
4. Pour the mixture into a small cup and serve.



Serves 02 adults

No added salt

Energy	206.8 kcal
Protein	3.1 g
Fat	3.0 g
Salt	0 g

Date & Banana Flower Sour Curry

INGREDIENTS

Banana flower (1 inch size)	2 peels
Dates	4
Tomato	1
Garlic	3 cloves
Red onion	5
Curry powder mixture	1/4 tsp
Chili powder	1/2 tsp
Pepper	1 tsp
Green chili	1
Fenugreek seeds	1/4 tsp
Cinnamon	1 piece
Oil	1/2 tsp
Roasted curry powder	1/2 tsp
Pandan leaves and curry leaves	Few

METHOD

- 1.Wash the banana flower peels and separate them
- 2.Boil water and add turmeric
- 3.Add the banana flower peels to the boiling water and cook for 2 minutes
- 4.Remove seeds from the dates
- 5.Blend together-dates, tomato, garlic, red onion and the special curry powder mix
- 6.Add oil onto a pan and heat
- 7.Add the pieces of garlic and red onion and temper
- 8.Into that add the blended mixture
- 9.When the mixture starts to boil add the banana flower peels and mix well
- 10.Remove the pan from heat



Serves 02 adults

Added salt per person 0.5 g

Energy 94.8 kcal

Protein 4.6 g

Fat 0.5 g

Salt 1 g

Green Curry with Jack Seeds

INGREDIENTS

Sweet potato leaves	20 g
Spinach	20 g
Drumstick leaves	20 g
Lasia shoots (kohila dalu)	20 g
June plum (Ambarella) Leaves	20 g
Coconut milk	2 tbsp
Curry powder	½ tbsp
Green chili	20 g
Red onion	10 g
Salt	1 g
Boiled jack seeds	50 g
Turmeric powder	¼ tsp

METHOD

1. Take saucepan add coconut milk, curry powder, turmeric powder, green chili and onion in medium flame for 5 min.
2. When bubbles come add combination of boiled jack seeds and green leaves to it.
3. Heat it for 05 minutes in low flame when serving and add salt to it.



Serves 04 adults



Added salt per person 0.625 g

Energy	2008.7 kcal
Protein	75.0 g
Fat	121.7 g
Salt	2.5 g

Masala Green gram (Mung) Meat Curry

INGREDIENTS

(For preparation of green gram meat)

Sprouted green gram	2 cups
Chili powder	2 tsp
Roasted curry powder	2 tsp
Chili flakes	1 tsp
Pepper	1 tsp
Turmeric powder	1/2 tsp
Salt	1/4 tsp
Coconut oil	1 cup

INGREDIENTS

(For preparation of green gram meat curry)

Butter/Ghee	2 tbsp
Fenugreek seeds	1/4 tsp
Cumin seeds	1/4 tsp
Ginger and Garlic paste	1 tbsp
Pandan leaves (Rampe)	1 piece
Curry leaves	1
Green chilies	2
Onion cut into cubes	1 cup
Chili powder	2 tsp
Turmeric powder	1/4 tsp
Pepper and masala powder	1/2 tsp
Curry powder	1/2 tsp
Coriander powder	1 tsp
Salt	1/4 tsp
Curd	80 g
Peanut powder	3 tbsp
Tomato Puree	1 cup
Water	1/2 cup

METHOD

(Preparation method of green gram meat pieces)

1. Add all the ingredients to a grinder/mortar and pestle and grind it into a paste.
2. After that lay the paste in a clean cloth with a thickness of half an inch.
3. Then place it in a steamer and steam for 20 minutes.
4. Allow it to cool.
5. Then cut into $\frac{1}{2} \times \frac{1}{2}$ inch pieces.
6. Deep fry the pieces in coconut oil.

METHOD

(Preparation method of masala green gram meat curry)

1. Add Ghee/Butter into a pan.
2. Then add fenugreek, cumin seeds, ginger and garlic paste, curry leaves, pandan leaves, green chilies, onions, chili powder, turmeric powder, coriander powder, pepper, masala and curry powder one by one.
3. Add salt and sauté well.
4. Then add peanut powder and curd.
5. Mix with pureed tomato.
6. Temper for a few minutes and pour $\frac{1}{2}$ a cup of water and cook on low flame.
7. Finally add the mung meat pieces and mix well.
8. Close the saucepan with a lid and allow to cook in low flame.
9. Transfer to a dish, decorate with onions, tomato slices and curry leaves and serve hot.



Serves 02 adults

Added salt per person 0.5 g

Energy	391.4 kcal
Protein	8.8 g
Fat	32.6 g
Salt	1 g

Mixed Vegetable Stir Fry

INGREDIENTS

Carrot (cut into thin slices)	1 medium
Beans	50 g
Broccoli (cut into small pieces)	100 g
Aloe vera flesh cut into cubes (flesh of 2 medium size leaves)	
King coconut water	½ cup
King coconut flesh	½ cup
Thick coconut milk	¼ cup
Pinch of salt	
Kochchi chili chopped	2
Curry leaves	½ branch
Pinch of pepper	
Pinch of turmeric	
Red onions	3
Garlic chopped	2

METHOD

1. Blend the king coconut flesh, coconut milk and king coconut water.
2. Put it into a pot and add the onion, the garlic, curry leaves, kochchi chili, turmeric, pepper and the aloe vera cubes and let it simmer.
3. Then add the cut vegetables and leave it for about 3-4 minutes.
4. Add a pinch of salt.



Serves 02 adults

Added salt per person 0.5 g

Energy	169.9 kcal
Protein	2.7 g
Fat	10.8 g
Salt	1 g

Pumpkin Red Cowpea Tempered

INGREDIENTS

Steamed pumpkin	100 g
Boiled red cowpea	30 g
Chili pieces	2 g
Mustard	2 g
Sesame oil	10 ml
Red onion	25 g
Ginger	5 g
Crushed garlic	10 g
Salt	1 g

METHOD

1. Place a pan on fire
2. Add oil and then mustard
3. Add red onion and ginger, temper well
4. Then add steamed pumpkin and boiled red cowpea, mix well and serve.



Serves 02 adults

No Added salt

Energy	282.4 kcal
Protein	31.5 g
Fat	2.1 g
Salt	0 g

Radish Wrap

INGREDIENTS

Radish	20 g
Spinach Leaves	05
Red Onion	05
Green Chili	02
Garlic Cloves	01
Rice Flour	1/2 tsp
Chickpea Flour	1/2 tsp
Turmeric Powder	little
Chili Pieces	1/2 tsp
Pepper Powder	little
Cinnamon	1 piece
Bilimbi (Biling) Juice	1/2 cup
Maldives Fish (optional)	1/4 tsp
Sugar	1/8 tsp

METHOD

1. Cut radish into slices.
2. Mix rice flour, chickpea flour, pepper & turmeric and make a batter.
3. Coat the radish slices with the batter and wrap it with spinach leaves & steam for 5 min
4. Add the rest of the ingredients into a pan and add bilimbi juice.
5. When the mixture thickens add the steamed radish slices.
6. At the end add sugar 1/8tsp.



Serves 01 adults



Added salt per
person 0.5 g

Energy 50.6 kcal

Protein 1.9 g

Fat 0.4 g

Salt 0.5 g

Soursop (Katu Anoda) Curry

INGREDIENTS

Soursop	40 g
Onion	5 g
Garlic	5 g
Tomato	5 g
Curry leaves	2 g
Pandan leaves (Rampe)	2 g
Coconut milk	10 ml
Turmeric powder	2 g
Salt	0.5 g

METHOD

1. Heat a pan with coconut oil, add sliced onion, chopped garlic, curry leaves, pandan leaves and turmeric powder.
2. Add coconut milk and make a gravy.
3. Cook soursop in this gravy until tender.



Serves 02 adults



No Added salt

Energy	203.9 kcal
Protein	3.4 g
Fat	15.3 g
Salt	0 g

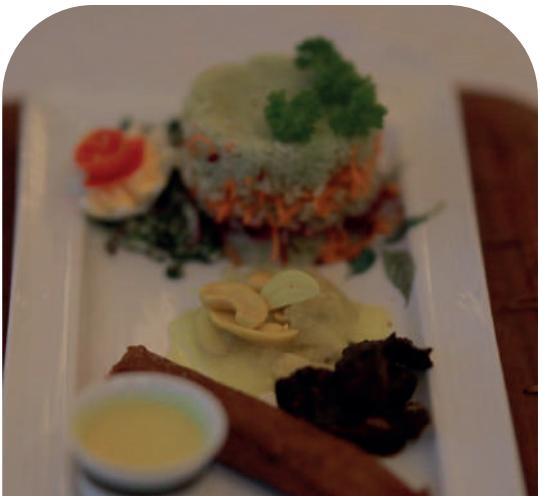
Tomato & Drumstick Pulp Curry

INGREDIENTS

Medium sized tomato	4
Drumstick	1
Small onion	6
Garlic cloves	4
Cumin seeds	1/4 tsp
Curry leaves	little
Pandan leaves	a piece
Cinnamon	Small piece
Fenugreek seeds	1/4 tsp
Red chili	2
Chili powder	2 tsp
Curry powder	2 tsp
Turmeric powder	
Coconut water	1/2 cup
Coconut oil	1 tbsp

METHOD

1. Scrape the drumstick pulp with a spoon.
2. Add red onion, tomato, red chili, garlic into a blender and blend them well.
3. Keep a clay pot on the stove and add oil.
4. Add cumin seeds, pandan leaves, curry leaves, cinnamon and fenugreek seeds and roast for a while.
5. Add chili powder, curry powder, turmeric and temper for a few seconds.
6. Add the blended mixture and mix well.
7. Then add coconut water and drumstick pulp and cook for a few minutes.
8. Then add coconut milk.
9. Once cooked remove it from heat



Serves 03 adults



Added salt per person 0.33 g

Energy	402.3 kcal
Protein	11.5 g
Fat	25.2 g
Salt	1 g

Aloe Vera Curry

INGREDIENTS

Aloe vera	75 g
Cashew nuts	50 g
Mushrooms	30 g
Garlic	20 g
Red onion	15 g
Green chili	15 g
Fenugreek	1/4 tsp
Turmeric powder	1/4 tsp
Pandan leaves (Rampe)	1 piece
Curry leaves	1 branch
Salt (if necessary)	
Coconut milk – first extract	1/2 cup
Second extract	1 cup
Water	1/2 cup

METHOD

1. Peel, deskin the aloe vera and put them into warm water for about 2min. Strain & set aside.
2. Take a clay pot and add cashew nuts, fresh oyster mushrooms, garlic, fenugreek and turmeric powder.
3. Then put ½ cup of water, set fire, cook till the cashew nuts become tender.
4. When cashew nuts become tender add aloe vera & fresh oyster mushrooms.
5. Then add 1 cup of coconut milk (second extract).
6. When the curry is boiling add the first extract of coconut milk, red onion, green chili, pandan leaves and curry leaves.
7. Make a thick gravy.
8. Taste the curry, if needed add a pinch of salt.
9. Serve with rice



Serves 03 adults

Added salt per
person 0.33 g

Energy	246.0 kcal
Protein	4.2 g
Fat	0.7 g
Salt	1 g

Ash Plantain Curry

INGREDIENTS

Ash plantain	2
Coconut water	3 tbsp
Roasted rice flour	1 tbsp
Salt	1g
Red Onion	2
Green chili	1 tsp
Coriander powder	1 tsp
Curry leaves powder	1 tsp

METHOD

1. Cut the ash plantain into small pieces
2. Add all the above ingredients and boil with coconut water
3. Once boiled add coconut 3 Tbsp and cook



Serves 03 adults



Added salt per person 0.16 g

Energy	117.8 kcal
Protein	2.6 g
Fat	5.3 g
Salt	0.5 g

Ash Plantain & Oyster Mushroom Curry

INGREDIENTS

Ash plantain	45 g
Oyster mushroom	45 g
Curry powder	10 g
Chili powder	5 g
Turmeric powder	3 g
Green chili	5 g
Pandan leaves (Rampe)	3 g
Curry leaves	3 g
Fresh coconut milk	30 ml
Chopped onion	10 g
Chopped garlic	10 g
Coconut oil	5 ml
Salt	0.5 g

METHOD

1. Steam ash plantain and remove the center part & set aside.
2. Add coconut oil into a heated pan, sauté chopped onions, garlic, pandan leaves, curry leaves, chopped oyster mushrooms and green chili, cook all for a few minutes.
3. Add removed center part of the ash plantains.
4. Add curry powder, chili powder and turmeric powder.
5. Then stuff the ash plantain with the curry mixture.
6. Make a curry gravy with the rest of the mixture and add salt.
7. Cook stuffed ash plantain in curry gravy for a few minutes.



Serves 03 adults



No added salt

Energy	306.6 kcal
Protein	12.3 g
Fat	14.2 g
Salt	0 g

Jack seed with Lasia (Kohila) Curry

INGREDIENTS

Lasia (Kohila)	100 g
Boiled jack seeds	75 g
Coconut milk	200 ml
Red onion	15 g
Scraped coconut	10 g
Dried bilimbi (biling)	20 g
Kochchi chili	5 g
Maldive fish (Optional)	5 g
Green chili	5 g
Cinnamon	1 g
Coriander	5 g
Garlic	5 g
Egg	1
Curry leaves	3 g
Cumin	2 g
Pandan leaves (Rampe)	2 g
Chili powder	2 g
Cardamom	1 g
Clove	1 g
Turmeric powder	0.5g

METHOD

1. Grind boiled jack seeds with egg, green chili and maldive fish using a blender and prepare a batter.
2. Prepare a finely ground mixture using freshly prepared coriander powder, bilimbi and kochchi chili.
3. Marinate lasia slices using this mixture.
4. Coat the marinated lasia slices with jack seed batter and steam for 10 minutes.
5. Roast scraped coconut with cumin and grind using a stone mortar and pestle
6. Place ground coconut mixture on fire. Add pandan leaves, curry leaves, cinnamon, cardamom, clove, chili powder, turmeric powder, red onion, garlic and coconut milk.
7. Then add steamed lasia slices, dried bilimbi slices and cook for 5 minutes on medium flame with the lid closed.



Serves 03 adults



No added salt

Energy	79.7 kcal
Protein	1.7 g
Fat	5.3 g
Salt	0 g

Spine Gourd (Thumba Karavila) Tempered

INGREDIENTS

Spine gourd (Thumba karavila)	45 g
Sliced onion	10 g
Chopped garlic	10 g
Green chili	5 g
Tomato	10 g
Curry leaves	3 g
Pandan leaves (Rampe)	3 g
Chili powder	7 g
Turmeric powder	3 g
Curry powder	5 g
Mustard seeds	5 g
Coconut oil	5 ml
Fresh coriander powder	10 g

METHOD

1. Add coconut oil into a heated pan.
2. Pop up the mustard seeds.
3. Add sliced onion, chopped garlic, green chili, pandan leaves, curry leaves and diced tomatoes.
4. Add cut spine gourd, curry powder, chili powder and turmeric powder and cook for a few minutes.



Serves 03 adults



Added salt per person 0.33 g

Energy	241.3 kcal
Protein	5.5 g
Fat	10.0 g
Salt	1 g

Turkey Berries (Thibbatu) & Ash Plantain (Alu Kesel) Gravy With Blended Cashew Coconut Water

INGREDIENTS

Turkey berries / pea eggplant (Thibbatu)	80 g
Ash plantain (Alu kesel)	100 g
Coconut water	200 ml
Green chili	30 g
Fenugreek seeds	1/4 tsp
Chili powder	1/2 tsp
Curry leaves	5 g
Salt	1 g
Cashew	20 g
Small red onion	20 g
Cinnamon	1/2 tsp
Curry powder	1 tsp
Mustard seeds	1/2 tsp
Turmeric	1/2 tsp

METHOD

1. Steam turkey berries and ash plantain by adding turmeric powder to prevent browning.
2. Add steamed turkey berries and ash plantain to a saucepan and add green chilies, small red onions, curry leaves, pandan leaves, curry powder, chili powder, fenu greek seeds, cinnamon and mix well.
3. Blend cashews with coconut water and put them into a saucepan.
4. Heat it in low flame till bubbles come in the gravy and add roasted mustard seeds.
5. Turn off the flame and add salt if needed and serve it hot.



Serves 02 adults



No added salt

Energy	90.2 kcal
Protein	2.8 g
Fat	5.7 g
Salt	0 g

Bird Chili (Nai Miris) Pea Eggplant (Thibbatu) With Mushroom

INGREDIENTS

Green chili	2
Pea eggplant / Turkey berries (Thibbatu)	50 g
Mushroom	50 g
Turmeric powder	½ tsp
Coconut milk	75 ml
Onion	10 g
Curry powder	½ tsp
Garlic	3 g
Bird chili (Nai miris)	10 g
Curry leaves	5 leaves
Pandan leaves (Rampe)	½
Pepper	5 g
Coconut oil	1 tsp
Mustard seeds	5 g

METHOD

1. Give a little smash to pea eggplants
2. Well season the pea eggplant with all the spices and other ingredients except mushroom and mustard seeds
3. Put a pan on burner and add the oil
4. Put the mustard seed on the pan
5. When mustard seed are popped up, put seasoned pea eggplant
6. Allow to cook for 10 minutes and add the coconut milk
7. Finally add the mushroom and give a little stir



Serves 02 adults



Added salt per person 0.625 g

Energy	571.7 kcal
Protein	28.7 g
Fat	10.7 g
Salt	1.25 g

Mung Bean Steamed Curry

INGREDIENTS

Green grams	150g
Red onion	6
Garlic	01 clove
Green chillies	3
Coconut milk (1st&2nd extract)	1 cup
Curry powder	1/4 tsp
Turmeric as needed	
Curry leaves	1 tsp
Pandan leaves (Rampe)	small piece
Salt	1/4 tsp

METHOD

1. Soak the green gram in water
2. Boil the green gram
3. Add red onions, green chillies to the boiled green gram and smash it well
4. Make the mixture into a shape and cut it into pieces
5. Steam the mung bean pieces for 5 minutes
6. To a saucepan add red chilies, green chillies, curry leaves and other ingredients and cook
7. When the mixture comes to a boil add the steamed mung bean pieces and cook for a few minutes.



SALADS

Lettuce Avocado Sprouts salad	61
Authentic Mixed Leaves Salad (Sambol)	62
Iceberg Rainbow Avocado salad	63
Chicken Salad	64
Limy canereed leaf (thebukola) salad with grated carrots	65





Serves 02 adults



No added salt

Energy	302.4 kcal
Protein	10.7 g
Fat	5.8 g
Salt	0 g

Lettuce Avocado Sprouts Salad

INGREDIENTS

Lettuce	50 g
Parsley	20 g
Cucumber	50 g
Tomato	50 g
Avocado	1/4 small
Medium lime	1/2
Mustard cream	1/2 tbsp
Olive oil	1/2 tsp
Green gram sprouts	80 g
Grapefruit	1/4 tsp
Medium lime (squeezed)	1/2

METHOD

1. Scoop pulp of avocado into a bowl.
2. Mash thoroughly with a fork.
3. Add a combination of tomato, cucumber, parsley, mustard cream, lime juice and green gram sprouts to the bowl.
4. Stir well.
5. Add olive oil and grapefruit and toss once again.
6. Arrange lettuce leaves around the sides of the bowl in the form of a flower.
7. Mound avocado mixture in center.
8. When serving, place a spoonful of salad mixture in the center of a lettuce leaf and roll it like shawarma.



Serves 03 adults



No added salt

Energy	88.5 kcal
Protein	11.6 g
Fat	0.8 g
Salt	0 g

Authentic Mixed Leaves Salad (Sambol)

INGREDIENTS

Senna leaves (Ranawara leaves)	20 g
Young mango leaves	12 g
young jack leaves	8 g
Grated coconut	20 g
Red onion	20 g
Green chili	8 g
Lime	1
Maldivine fish	10 g

METHOD

1. Wash and dry senna leaves, young jack leaves & young mango leaves.
2. Cut into very thin strips and set aside.
3. In a separate bowl mix red onion, green chili, grated coconut and lime juice
4. Finally add cut strips of mix leaves into the bowl and mix well.
5. Serve with rice.



Serves 03 adults



No added salt

Energy	151.8 kcal
Protein	4.0 g
Fat	3.2 g
Salt	0 g

Iceberg Rainbow Avocado Salad

INGREDIENTS

Iceberg Lettuce	30 g
Red cabbage	30 g
Green Cucumber	30 g
Tomato	30 g
Avocado	1/4 small
Medium lime	1/2
Mango	30 g
Olive oil	1/2 tsp
Black kidney beans	30 g
Carrot	30 g

METHOD

1. Wash all vegetables and mango then cut into small cubes.
2. Scoop pulp of Avocado into a bowl.
3. Mash thoroughly with a fork.
4. Add a combination of tomato, cucumber, red cabbage, carrots, mango and black kidney beans to the bowl.
5. Toss well.
6. Add olive oil and lime juice and toss once again.
7. Arrange iceberg lettuce leaves around the sides of the bowl in the form of a flower.
8. Mound avocado mixture in the center of the bowl.
9. When serving, place 3 spoonfuls of salad mixture in the center of an iceberg lettuce leaf and serve it like a boat.



Serves 03 adults



No added salt

Energy	582.7 kcal
Protein	28.8 g
Fat	18.1 g
Salt	0 g

Chicken Salad

INGREDIENTS

Cashew	8 pieces
Corn	2 tbsp
Sprouted green gram	2 tbsp
Pomegranate seeds	2 tbsp
Avocado	2 tbsp
Pineapple	2 tbsp
Cucumber	2 tbsp
Chicken breast	2 tbsp
Curd	2 tbsp
Coriander leaves	2 tbsp
Mint leaves	2 tbsp
Pepper	½ tsp
Lime juice	1 lime

METHOD

1. Cut avocado, pineapple and cucumber into small pieces
2. Mix all the ingredients together



Serves 02 adults



No added salt

Energy	86.6 kcal
Protein	2.6 g
Fat	6.6 g
Salt	0 g

Limy Canereed Leaf (Thebukola) Salad With Grated Carrots

INGREDIENTS

Canereed leaves (Thebu Kola)	50 g
Carrot	50 g
Scraped coconut	10 g
Pepper	5 g
Lime	2
Green chili	2

METHOD

1. Cut canereed leaves and carrot into thin strips
2. Scrape the coconut
3. Mix carrots and canereed leaves with all other ingredients and finish by squeezing the lime



SOUPS

Creamy Drumstick Soup 67

Spicy Southern Indian Soup (Rasam) 68





Serves 02 adults



Added salt per person 0.625 g

Energy	474.6 kcal
Protein	19.6 g
Fat	27.2 g
Salt	1.25 g

Creamy Drumstick Soup

INGREDIENTS

Drumstick bark	250 g
Chicken stock water	500 ml
Carrot	10 g
Potato	10 g
Spinach	10 g
Dhal	20 g
Tomatoes	10 g
Chopped garlic	1 tbsp
Chopped onion	1 tbsp
Fresh milk	½ cup
Egg	1
Salt	¼ tsp
Pepper	½ tsp
Unsalted butter	1 tbsp
Chopped moringa leaves, curry leaves	2 tbsp
Corn flour	1 tsp

METHOD

1. Boil moringa barks and extract its inner seeds
2. Boil carrot, potato, spinach, dhal, tomatoes, drumstick in chicken stock for 10 minutes on medium flame and blend it.
3. Add butter into a saucepan and add garlic, onion, egg and temper.
4. Add blended soup mixture into this. Add milk, salt, pepper and corn flour and simmer for 5 minutes in low flame.
5. Garnish with chopped drumstick leaves and curry leaves before serving.



Serves 02 adults



No Added salt

Energy 90.4 kcal

Protein 2.9 g

Fat 0.4 g

Salt 0 g

Spicy Southern Indian Soup (Rasam)

INGREDIENTS

Tomato (cut into slice)	01
Cumin	2 tsp
Fennel	2 tsp
Tamarind juice	2 tbsp
Garcinia (Goraka) paste	1tsp
Cinnamon	1piece
Curry leaves	3 branches
Red onion	05
Garlic clove	06
Whole Pepper	1tsp
Pandan leaves (Rampe)	Small piece
Water (can use boiled chickpea and dhal stock)	300 ml

METHOD

1. Clean and wash the above ingredients.
2. Add the ingredients to a blender and blend well.
3. Then cook.



SNAKS & LIGHT MEALS

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Grain Cutlet	77





Serves 02 adults

Added salt per
person 0.25 g

Energy	41.3 kcal
Protein	1.6 g
Fat	0.2 g
Salt	0.5 g

Banana Stem (Kehelbada), Purple Yam Cutlet

INGREDIENTS

Banana stem (Kehelbada)	30 g
Purple yam	20 g
Onion	15 g
Garlic	10 g
Curry leaves	2 g
Curry powder	10 g
Chili powder	10 g
Turmeric powder	2 g
Salt	0.5 g
Mustard	2 g
Green chili	2 g
Egg	1
Bread crumbs	15 g
Oil	50 ml

METHOD

1. Add oil into a heated pan.
2. Pop up the mustard seed, sauté onion, garlic & green chili.
3. Add all spices together with banana stem & purple yam and cook for 03 minute.
4. Make balls, coat with egg, bread crumbs and deep fry in oil.



Serves 02 adults



No added salt

Energy	284.6 kcal
Protein	10.4 g
Fat	1.7 g
Salt	0 g

Lasia (Kohila) Sausages

INGREDIENTS

Lasia root (Kohila ala)	300 g
Red onions	30 g
Pepper powder	20 g
Chili powder	5 g
Salt to taste	
Chickpea flour	50 g
Indian gooseberry (Beheth Nelli) juice from 10	
China rose flower (wada mal) juice from 2	
Chili flakes	2 tspn
Ginger small piece	
Garlic	3
Roasted curry powder	2 tspn
Turmeric powder	1 ygrtsp

METHOD

1. Remove the outer covering of the lasia (kohila).
2. Cut it into thin slices
3. Boil well and grind it into a paste
4. Cut garlic, ginger, curry leaves, red onions into small pieces
5. Add the rest of the ingredients and grind into a paste
6. Squash the Indian gooseberry and take the juice
7. Add hot water to the China rose flower and use as a colouring
8. Add the above ingredients and chickpea powder to the lasia paste and mix well
9. Roll the mixture and cover with a foil paper and steam for 20 minutes



Serves 03 adults

Added salt per
person 0.16g

Energy	163.5 kcal
Protein	16.1 g
Fat	5.7 g
Salt	0.5 g

Chicken & Lasia (Kohila) Cutlet

INGREDIENTS

Chicken drumstick	60 g
Lasia (Kohila) small diced	45 g
Curry leaves	5 g
Chopped onion	15 g
Chopped garlic	10 g
Curry powder	5 g
Turmeric powder	3 g
Green chili	10 g
Pandan leaves (Rampe)	5 g
Lime juice	5 ml
Coconut oil	5 ml
Salt	0.5 g
Bread crumbs	10 g
Drumstick (Murunga) leaves powder	20 g

METHOD

1. Heat a pan, add coconut oil, add chopped onions, garlic, curry leaves, pandan leaves, diced lasia, boiled and chopped chicken drumstick meat.
2. Cook for a few minutes. Add curry powder, turmeric powder and salt.
3. Finish with lime juice.
4. Make the cutlet balls into required size, coat with bread crumbs, drumstick leaves powder and deep fry.



Serves 03 adults



Added salt per
person 0.33 g

Energy	276.5 kcal
Protein	25.2 g
Fat	8.8 g
Salt	1 g

Homemade Skinless Sausages

INGREDIENTS

Sailfish (Thalapath fish)	60 g
Boneless chicken	40 g
Ash plantains (with skin)	40 g
Beetroot	15 g
Chili powder	½ tsp
Crushed pepper	01 tsp
Coriander powder	½ tsp
Sesame Oil	½ tsp
Chickpea flour	20 g
Salt	1 g
Coconut oil	1 tbsp
Water	10 ml

METHOD

1. Take a food processor or blender and add sailfish, chicken, ash plantains, beet root, chili powder, salt and Coriander powder.
2. Blend thoroughly until it becomes a thick paste.
3. Put the paste into a bowl and add chickpea flour, sesame oil and bind the mixture until not sticky.
4. Make finger size sausages using banana leaves and steam for about 10 minutes.
5. Take out the sausages and heat a pan add 01 tbspn of coconut oil, sauté for about 1 min and serve.



Serves 02 adults



No added salt

Energy	576.2 kcal
Protein	38.2 g
Fat	25.4 g
Salt	0 g

Umami Taste Chicken Appetizer

INGREDIENTS

For natural curry powder mixture with umami taste

Dehydrated mushrooms	3 g
Dehydrated garlic	3 g
Dehydrated carrot	2 g
Dehydrated big onion	2 g
Dehydrated celery	1 g
Dehydrated bird chili (Nai miris)	1 g

For chicken mixture

Chicken	75 g
Chickpea powder	10 g
Natural curry powder mixture with umami taste	6 g
Chili powder	1 g
For frying	
Sesame	10 g
Sesame oil	5 g
Chili pieces	2 g
Natural curry powder mixture with umami taste	5 g

For Paneer

Fresh milk	200ml
Lime	10g
Natural curry powder mixture with umami taste	5g
For ash plantain cracker (Papadam) mixture	

Dehydrated ash plantain slices	40g
Egg	1
Natural curry powder mixture with umami taste	5g

METHOD

1. Grind all ingredients for natural curry powder mixture into a fine mixture using a blender.
2. Add all the ingredients for the chicken mixture and 1 tspn of natural curry powder mixture with umami taste into a blender with some ice cubes (to prevent heating).
3. Grind into a fine non-sticky mixture.
4. Add milk to a pan and heat up to 780 C.
5. Take out from the fire, a juice of a lime and allow it to form clots.
6. Separate clot from whey protein using a doubly folded cotton cloth.
7. Add 1 tspn of natural curry powder mixture with clotted milk, mix well and form like a cheese.
8. Freeze this cheese for 15 minutes under a weight. Take out and cut into long pieces.
9. Spread the chicken mixture and place the paneer piece in the middle. Steam for 5 minutes using a steamer.
10. Add sesame oil to a heated pan. Shallow fry the steamed chicken – paneer pieces with sesame and chili pieces.
11. Grind the dehydrated ash plantain pieces into ash plantain powder using a blender.
12. Add egg and 5g of natural curry powder mixture to above ash plantain powder.
13. Add water as needed to make a batter. Make ash plantain crackers using a waffle maker.



Serves 02 adults

Added salt per
person 0.5 g

Energy 101.1 kcal

Protein 1.3 g

Fat 5.5 g

Salt 1 g

Lemongrass Curry Sauce

INGREDIENTS

Stock	150 g
Chopped red onion	10 g
Garlic clove	01
Chili powder	5 g
Curry powder	2 g
Coconut milk	1/4 cup
Ginger (1/4 piece)	01
Lemongrass	03
Salt	01 pinch
Whole wheat flour (Atta flour)	1 tsp
Inkberry (Kahipiththan) extract	1 tsp

METHOD

1. Roast the lemongrass lightly in a saucepan.
2. Add the stock to it.
3. When the stock starts to boil add coconut milk.
4. Then strain the stock.
5. Add whole wheat flour 1 tsp and inkberry extract 1 tsp to the stock to thicken it.



Serves 02 adults

Added salt per
person 0.5 g

Energy	491.4 kcal
Protein	20.4 g
Fat	13.5 g
Salt	1 g

Manioc & Grain Cutlet

INGREDIENTS

Manioc	50 g
Chickpea	25 g
Cowpea	25 g
Green gram	25 g
Semolina	25 g
Red onion	25 g
Curry leaves	1 branch
Pandan leaves	1 piece
Chili pieces	1 tsp
Green chili	2-3
Egg	½
Oil	1 tsp
Salt	1 pinch

METHOD

1. Soak all the grains for 4 – 5 hours except green gram
2. Roast the green gram
3. Remove the outer covering of the soaked grains and grind into a paste
4. Place a pan on fire, add 1 tsp of oil, temper the pandan leaves, curry leaves, green chili and chili pieces and add to the paste
5. Boil the manioc, mix with the paste and mash
6. Make into balls and flatten
7. Coat with egg, semolina, wrap in banana leaf and steam.



PRESERVATIVE

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Energy	58.6 kcal
Protein	1.9 g
Fat	0.4 g
Salt	0.5 g

Lotus Root & Small Onion Pickle

INGREDIENTS

Lotus roots	100 g
Vinegar	2 tbsp
Mustard cream	½ tsp
Sugar	½ tsp
Ginger	½ tsp
Garlic	½ tsp
Chili powder	½ tsp
Small red onion	40 g
Green chilies	30 g
Black paper	¼ tsp
Salt	½ g

METHOD

1. Clean small red onion and dip into vinegar for 30 min
2. Clean soft lotus roots and cut into small pieces.
3. After 30 min keep aside the red onions and place a clay pot into medium flame and add vinegar to it.
4. Add ginger, garlic, mustard cream, sugar and salt to vinegar and stir well.
5. Add lotus root pieces to it and let it boil with vinegar for a few minutes.
6. Add dipped red onions and green chilies to it.
7. Let it heat for a few minutes in low flame and let it come to room temperature.
8. Preheat the cleaned glass bottle and put pickle to it.
9. Cover the lid properly and once again heat the bottle in boiling water for 1 – 2 min.
10. This bottle can be kept at room temperature and the shelf life will be two weeks



Tender Jack Fruit Chutney (Polos Chutney)

INGREDIENTS

Steamed tender jack	100 g
Tamarind	15 g
Dates	15 g
Chili powder	2g
Garlic cloves	02
Ginger	5g
Coconut Vinegar	10ml

Energy	216.6 kcal
Protein	2.8 g
Fat	0.4 g
Salt	0 g

METHOD

1. Steam the tender jack until soft.
2. Take the pestle and mortar add all ingredients except vinegar.
3. Crush the ingredients for a little while and then add vinegar and crush again a little more till the chutney is done.
4. Heat a clay pot and add the chutney into the pot and cook for about 6 min in low heat.
5. Take the chutney and serve a small amount with rice and curry.



Bilimbi Fruit (Billing) Pickle

INGREDIENTS

Bilimbi fruits (Billing)	50 g
Coconut oil	5 ml
Pandan leaves (Rampe)	5 g
Curry powder	5 g
Curry leaves	5 g
Vinegar	10 ml
Mustard seed	10 g
Sugar	5 g
Kochchi chili	10 g
Chili pieces	5 g

Energy	88.7 kcal
Protein	1.3 g
Fat	5.5 g
Salt	0 g

METHOD

1. Steam bilimbi fruits for 30 minutes.
2. Dry steamed bilimbi fruit with clean cloth or tissue pepper.
3. Heat a pan with coconut oil, popup mustard seed add pandan leaves, curry leaves, curry powder, vinegar, sugar, chili powder and sliced kochchi chili
4. Add steamed bilimbi fruit into gravy and simmer for 10 minutes.
5. Place in a dried glass bottle & cover properly.



Curry Powder Mixture

INGREDIENTS

Garlic	1
Ginger (1 inch)	2 pieces
Cinnamon (1 inch size)	6 pieces
Curry leaves	2 tbsp
Mushroom pieces	2 tbsp

Energy	5.9 kcal
Protein	0.9 g
Fat	0.1 g
Salt	0 g

METHOD

1. Wash garlic, ginger, mushroom and cinnamon
2. Cut into small pieces
3. Sun dry
4. Dry the curry leaves and drumstick leaves
5. Blend all the above ingredients together



Fiddlehead (Karan Koku) Pickle (Achcharu)

INGREDIENTS

Fiddlehead (Karan koku)	250 g
Red onion (small)	10
Green chili (small)	5
Mustard and drumstick leaf paste with vinegar	1 tsp
Pinch of turmeric powder	
Chopped ginger, bird chili, cinnamon, Garlic and cardamon	½ tsp
Vinegar	¼ tsp
Salt	¼ tsp

Energy	53.2 kcal
Protein	4.1 g
Fat	0.5 g
Salt	1.25 g

METHOD

- 1.Boil water in a saucepan with added salt
- 2.When the water start to boil add the pieces of fiddlehead(karan koku)and blanch it
- 3.Blanch the onion and the green chili in the same way
- 4.Strain away the water
- 5.Take a clay pot add vinegar and cook
- 6.Then add the mustard mixture, turmeric and other ingredients and cook
- 7.Once the mixture cool down put them into bottles



Energy	607.0 kcal
Protein	7.0 g
Fat	1.3 g
Salt	0 g

Sweet Drumstick (Murunga) Bark Pickle

INGREDIENTS

Raw bilimbi (middle aged biling)(1-2 inches)	200 g
Young carrot pieces	100 g
Middle aged raw papaya sticks	100 g
Homemade virgin coconut vinegar (2.5 cup water + 2/1 cup vinegar)	3 cups
Sugar	100 g
Celery sticks	25 g
Mustard seed	1tsp
Dry cinnamon stick	5 g
Red onions	10
Mustard seeds	5 g
Small capsicum chilies without seeds	4
Drumstick tree (murunga) barks (gelling agent)	2 inches

METHOD

1. Wash / clean & cut bilimbi, carrot, papaya, capsicum, celery & onions.
2. Combine vinegar, sugar, salt and mustard seeds in a large clay pot and bring to a boil.
3. Place onion, bilimbi, carrots, papaya, capsicum & drumstick barks, and leave $\frac{1}{2}$ -inch head-space.
4. Pour hot pickling solution over mixed vegetables, leaving $\frac{1}{4}$ -inch headspace.
5. Remove air bubbles.
6. Wipe jar rims and adjust lids as health & safety standard operating procedure.
7. Process in a boiling water-bath canner for 20 minutes.
8. Remove jars from the canner and cool overnight, upright on a rack or towel.
9. Label and store in cool, dark, dry places.

*Note: No salt added.



Energy	259.2 kcal
Protein	26.0 g
Fat	8.6 g
Salt	0 g

Fish Pickle (Achcharu)

INGREDIENTS

Fish	120 g
Pepper powder	6 g
Green chili	8 g
Vinegar	2 tbsp
Red onions	8 g
Mustard	4 g
Chili powder	6 g
Ginger	4 g
Drumstick bark	1 g
Raw papaw	40 g
Mango	40 g
Gooseberry (Nelli) juice	4 g
Garcinia (Goraka)	1 small piece
Turmeric	1 g
Coconut oil	½ tsp

METHOD

1. Add garcinia and turmeric to fish and wash well, then add pepper powder
2. Cut green chili, mango and papaw into long strips
3. Mix cleaned whole red onions with it
4. Fry the fish pieces
5. Take a clay pot, place on fire and add vinegar to it
6. When it is heated, add green chili, ground drumstick bark, mustard, garlic, chili powder, cut papaw, mango, green chili and fried fish, mix well
7. Remove from fire after it is heated
8. Add gooseberry juice and serve

Name list of the contestants

Team from Wathupitiwala

Mr. Gamini Bandara, Dr. Dhaneshi Hettiarachchi and Ms. Deepthika Kumudini.

Team from Ragama

Mr. K G D T Jayasinghe, Dr. Hashini Rajarathna and Ms. K G D D M Jayasinghe.

Team from Embilipitiya

Mr. K A R Kodithuwakku, Ms. W D Dewendra and Ms. H M Senehelatha.

Team from Chilaw

Ms. P S C S Fernando, Ms W Dilhara S Rodrigo and Ms. D K M L Eshini Rodrigo.

Team from Matara

Ms. A L Y Geethika, Ms. H K S Damayanthi and Ms. P G Peshani Maheesha.

Team from Matale

Mr. D P U Sarathchandra, Ms. P S Dasinge and Ms. K M W M D B Senevirathna.

Team from Matale

Ms. R D P M S T S Rathnayake, Ms S M H N De Silva and Ms. N W T Gunarathne.

Team from Matale

Mr. A W Pathum Chamikara Senevirathne, Ms. Saumya K A Mediwake and Ms. W A Nadeesha Wijesooriyaarachchi.

Team from Kegalle

Ms. K K S N B Senewirathne, Ms. W G M G Jayarathne and Ms. E P C P P K Athugala.

Team from Nuwara Eliya

Ms. I A I A Illeperuma, Ms. Rashika Nishanthi Meddegoda and Mr. Mohomed Furdaus.

Team from Nuwara Eliya

Mr. M M A K Manathunga, Ms. J Chandrakala and Mr. Senith Wanigasooriya.

Team from Wennappuwa

Mr. Upalaksha Jayamaha, Dr. Dilanjani Pietersz and Mr. Sonal Perera.

Team from Trincomalee

Ms. Anthony Rajah, Ms. Noorul Hunaisa Abdul Salam and Mr. R A C U D Ranasinghe.

Team from Kalutara

Mr. Asanka Nagoda Withana, Dr. Chathura Akalanka Edirisinghe and Mr. Nuwan Madusanka Jayasingha.

MEASURES & CONTENTS	RICE & CEREALS	CHICKEN & MEAT	FISH & SEAFOODS	VEGETARIAN	SALADS	SOUPS	SNACKS & LIGHT MEALS	PRESERVATIVE
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Team from Werahera

Mr. R P R Kumara, Ms. Shermila Ramawickrama and Mr. K D Madushanka.

Team from Werahera

Mr. W S Priyalal, Mr. R K I S Jayawardhana and Mr. C H P Dissanayaka.

Team from Colombo

Mr. K A Lakindu Wijaya, Ms. K A Nishadhi Sadhamini and Ms. P Rasika Kumari.

Team from Hambantota

Ms. C M Jayasekara, Ms. Indika Chandani Uduwewatta and Ms. K A Shamali.

Team from Tangalle

Ms. S P R Palihakkara, Ms. D H Chithra S W Vijitha and Ms. Kanthi Gamage.

Team from Hambantota

Ms. V O Premalatha, Ms. L G M N Edirisinghe and Ms. W O Ramyalatha.

Team from Kurunegala

Ms. M Janeesha Dilhani, Ms. Chamila Nishadi Senarathna and Ms. R Madushani Chandima Premasinghe.

Team from Damana

Ms. M Thushari Mala, Ms. Madagedara Sunethra Damayanthi and Ms. A M P Nilani Samanthy Abeweera.

Team from Kandy

Mr. H M Dharmasiri, Ms. W A A K N Wijewardhana and Mr. K K Wanigasuriya.

Team from Kandy

Ms. G K S P Kumari, Ms. W A A Krisanthi and Ms. K G Niluka Santhi Bandara.

Team from Kandy

Ms. M G Nadeeka Nilmini Kumari, Ms. K K D A R Srimali and Mr. G G Nishantha Jayalath.

Team from Kandy

Ms. K I J Devapriya, Ms. Rathna Sriyani Disanayaka and Mr. Y M I B Yaparathna.

Team from Kandy

Mr. S G A Sudarshana, Ms. A M C N Aththanayaka and Mr. Sanjaya Ruwan Pradeep Karunarathna.

Team from Kandy

Mr. R M Priyantha Samarajeewa, Ms. W Priyanthi Anoka Gunathilaka and Mr. D Janitha Sandakalum Jayasingha

Team from Colombo

Mr. Jeyakanthan Jeganathan, Ms. A Anushka Nalini Senevirathna and Ms. Niroshini Kathiravel.

Team from Mulleriyawa

Mr. Gayan Imedha Samaraweera, Ms. I H Suhelie Hemhara Lionel and Ms. N G Thilini Karunarathna.

Team from Anuradhapura

Ms. W M Nimali Kumari Wathsala, Dr. Shashi Prabha Ebell and Ms. Lasanthi Sepalika Silva.

Team from Anuradhapura

Ms. K P Ashinka Shamali, Dr. R M C L Gunarathne and Ms. S M I D Inoka Samaraweera.

Team from Anuradhapura

Ms. M S Munasinghe, Dr. Mareeka Fernando and Ms. M G N Munasinghe.

Team from Karapitiya

Mr. G H Saman Nishantha, Ms. Janaki Dilrukshi and Ms. B D Janoda Deepani.

Team from Kuliyapitiya

Ms. R M Thilakarathna Rupasingha, Ms. B Sasanka Nilmini Balasooriya and Ms. M M M K Muhandiram.

Team from Negombo

Ms. A M Samitha Erandathi Senarathna, Ms. K A P Apsara and Ms. R Sakunthala Chandrakanthi.

Team from Kalutara

Ms. P E H Clemants, Ms. A N Thambawita and Ms. Ms. Y A C Pushpalatha.

Team from Kurunegala

Ms. K A Rasika Shyamalie Karunasekara, Ms. A M Achala Surangi Bandara and Ms. L P Iranganie.

Team from Piliyandala

Mr. K.H.Sujith Priyanga Ariyaratna, Ms. T.A.P.M.Thilakarathna and Mr. Ruwan Prasanna Senadheera.

Team from Kurunegala

Ms. Y N Dangampola, Ms. A D T Senavirathna and Ms. J H M Dineshika Shyamini Jayasundara.