



Crafting Tasteful Moments..

Quick & Easy Recipes

AIA *Vitality*

EAT WELL AND LIVE WELL

Eating well is about improving your relationship with food and providing your body with nourishment without sacrificing on taste.

Your food choices each day affect your health; how you feel today, tomorrow, and in the future. Eating well is an important part of leading a healthy lifestyle.

Combined with physical activity, your eating habits can help you reach and maintain a healthy weight, reduce your risk of NCDs (non-communicable diseases such as diabetes, cancer, cardiovascular and respiratory diseases) and helps promote your overall health.

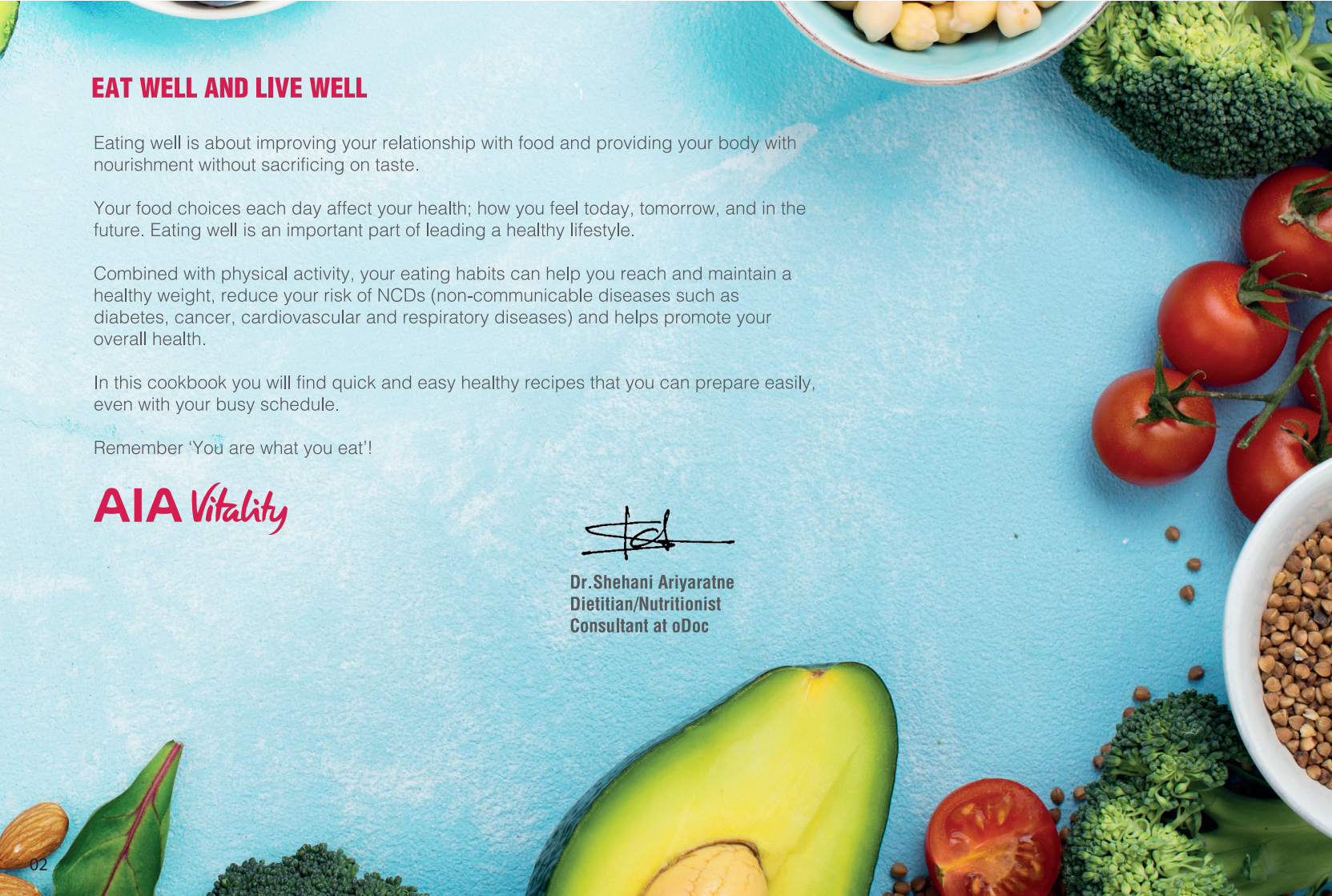
In this cookbook you will find quick and easy healthy recipes that you can prepare easily, even with your busy schedule.

Remember 'You are what you eat'!

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Dr. Shehani Ariyaratne
Dietitian/Nutritionist
Consultant at oDoc



QUICK & EASY RECIPES BY MA'S

MA's Kitchen and her family of brands are created from the strong tradition of sharing family recipes through the generations.

MA's holds family time sacred and creates all their products from ethically sourced ingredients. They are selected for quality and flavour superiority to be able to maximise our consumers' family time.

MA's Kitchen which was established on the principles of fair trade, has set up an organic farming network to support the brand's ongoing organic product creation which we believe is beneficial to our consumers and our planet.

Healthy, nutritious and safe foods are the focus of our company and we are delighted to be able to showcase some of our recipes in this quick and healthy cookbook.

Maliek De Alwis

**Maliek De Alwis,
CEO**

Our Recipe for Family Happiness



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DON'T SKIP BREAKFAST

You spent the whole night without food and now your body needs to replenish its energy sources. It needs fuel – it needs breakfast. Some people skip breakfast because they think it will help them lose weight. Make sure you have a wholesome meal to start the day.

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CITRUS & BEETROOT SMOOTHIE

Prep Time: 5 Mins
Serving Size: 1

1 cup beetroot leaves
1 cup water
2 oranges, peeled
Juice of 1 lime
½ tsp MA's Cinnamon Powder
1 raw beetroot, peeled and diced

1. Blend beetroot leaves, water, oranges and cinnamon powder until smooth.
2. Add beetroot, blend & serve.

Healthy breakfast smoothies will help to start your day in a healthy way. They are quick and easy to make and of course delicious too!

GREEN COCONUT SMOOTHIE

Prep Time: 5 Mins
Serving Size: 1

1 ½ cups spinach
125ml MA's Coconut Milk
125ml water
1 ½ cups pineapple
¼ ripe avocado

1. Blend spinach, coconut milk & water until smooth.
2. Add pineapple & avocado, blend and serve.

Tip - Use frozen pineapple for an extra delicious texture.



BANANA AND PEANUT BUTTER SMOOTHIE

Prep Time: 5 Mins
Serving Size: 1

3 frozen bananas
2 cups skim milk
4 dates
½ cup oats
¼ cup New Beginnings Peanut Butter
1 tsp MA's Cinnamon Powder

1. Place all ingredients in a blender and blend until smooth.

Add Happy Home Kithul Honey to adjust the sweetness.



JAPANESE STYLE VEGETABLE OMELETTE (OKONOMIYAKI)

Prep Time: 10 Mins
Serving Size: 2

2 eggs
100g cabbage, sliced
25g onions
50g leeks, thinly striped
50g of carrot, thinly grated
50g flour
Salt & Pepper to taste
1 tbs of oil
1 tbs MA's Wasabi Dressing
1 tbs of Dad's Garden Teriyaki Sauce

1. Crack the eggs into a mixing bowl, add all the ingredients, whisk or beat well with a fork.
2. Heat oil in a frying pan or grill.
3. Spread out the mixture in the pan or the grill and cook slowly.
4. Turn over after 5 minutes and cook for further 5 minutes.
5. Top with MA's Wasabi Dressing and Dad's Garden Teriyaki sauce and serve.

Add 1/3 cup of thinly sliced mushrooms, to make your okonomiyaki more nutritious.

CORN FRITTERS

Prep Time: 15 Mins

Serving Size: 4

300g fresh corn kernels

175g plain flour

1 tsp baking powder

1/3 cup skim milk

2 eggs, beaten

1 tbs oil

2 green onions, sliced

handful of fresh coriander leaves, chopped

1 onion, diced

1 tbs Dad's Garden Thai Sweet Chilli Sauce

½ tsp MA's Black Pepper Powder

2 tsp salt

Coriander Dipping Sauce

3 tbs curd

50ml Dad's Garden Thai sweet chilli sauce

3 tbs fresh coriander leaves, chopped finely.

1. Boil or steam corn cobs.
2. Cut the corn kernels off the cobs so you have around 300g of corn.
3. Mix the corn with all other ingredients until well combined.
4. Heat oil in a pan & place one heaped tablespoon of mixture into the pan.
5. You will need to push the mixture slightly down to spread the mixture as it needs to be even and not more than 1 – 1 ½ cm in height.
6. Flip the fritter when it is golden brown and cook the other side. Serve warm with dipping sauce.
7. To make the dipping sauce, simply mix together all curd dip ingredients.

Reduce your oil use by using a non-stick pan and 1 tsp oil, there is no need to deep fry.



PERFECT YOUR PORTIONS

We Sri Lankans enjoy our large portions of food, especially with our staple meals as the common misconception is to eat until we feel full. Eating fewer calories doesn't have to mean feeling hungry. In fact, there are many things you can do to keep hunger at bay. Try bulking up your portions with veggies, eating more protein or tricking your mind by using smaller plates.

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CORN & BEAN SALAD

Prep Time: 10 Mins

Serving Size: 4

3 tsp MA's Organic White Vinegar
3 tsp Dad's Garden Garlic & Chilli Sauce
2 tsp Dad's Garden Mango BBQ Sauce
½ tsp MA's Cumin Powder
400g red beans, cooked and cooled
2 large grilled corn cobs
1 red bell pepper, diced
3 tomatoes, diced
1 onion, diced
1 tbs fresh coriander leaves, chopped
Salt to taste

1. Mix together vinegar, sauces, cumin powder and a little salt.
2. Pour over all other ingredients and mix well.
3. Serve with grilled chicken or fish.

We recommend using cubed avocado, it tastes delicious.



ZESTY LEMON & TUNA RICE

Prep Time: 15 Mins

Serving Size: 4

250g cooked basmati
25g MA's Fried Rice Seasoning
100g canned tuna
2 carrot, shredded
2 onions, chopped
20g onion leaves, chopped
1 lemon, juiced

1. Heat oil in a pan and sauté the onions and carrots.
2. Then add fried rice seasoning, followed by tuna and mix well.
3. Mix through the onion leaves and lemon juice.
4. Garnish with lemon zest and serve.

Lemon can be replaced with lime.

TUNA KURAKKAN PASTA SALAD

Prep Time: 15 Mins

Serving Size: 4

400g Pasta Roma Kurakkan Pasta or Organic Pasta

300g canned tuna

2 large tomatoes, cubed and roasted

1 tbs lime juice

MA's Pepper Powder

Salt to taste

50g grated cheese,

8 spring onions, chopped

100g MA's Coconut Lemongrass Salad Dressing

12 olives (optional)

1. Boil pasta, then cool under running water.
2. In a bowl mix together tuna, boiled pasta, roasted tomatoes, olives, lime juice, pepper powder and add salt to taste.
3. Mix well, sprinkle grated cheese and spring onions.
4. Drizzle with MA's Coconut Lemongrass Dressing before serving.

We recommend New Beginnings Gouda Cheese.

Add some basil leaves for extra flavour



MEXICAN CHILLI BEANS

Prep Time: 20 Mins

Serving Size: 4

1 tsp oil
2 tsp MA's Garlic Paste
75g onion
75g bell pepper
150g tomatoes cubed
300g red beans, cooked
1 jar Pasta Roma Pasta Sauce Chilli
500ml water
1 tsp MA's Cumin Powder
Coriander leaves and lime juice

1. Add oil in a pan, sauté onion and garlic paste.
2. Add all other ingredients and simmer until sauce thickens.
3. Add salt and pepper to taste.
4. Serve with lime wedges and fresh coriander leaves.

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- Use as a filling for wraps, naan, sandwiches.
 - Can add minced meat/vegetables/rice or a flavour boost.
 - Tastes great with baked potatoes.



APPLE AND ROAST CHICKEN SALAD

Prep Time: 10 Mins

Serving Size: 6

500g roast chicken breast, sliced
2 green bell peppers, cut into thinly sliced
1 large onion, cut into thin rings
2 large cucumbers, thinly sliced
200g lettuce, sliced
5 small red radishes, sliced
2 large apples, sliced
150g of MA's Cinnamon Salad Dressing
60g raisins
Salt to taste

1. Mix together all ingredients and place into 6 salad bowls.
2. Top with raisins and MA's Cinnamon Dressing.
3. Adjust salt to taste and serve cold.

Roast Chicken is an extremely versatile base for many salads and dishes.

SHOULD YOU EAT JUST BEFORE BED?

You must have your dinner at least 02 hours before going to bed. Eating late at night may result in less hunger the next morning. And, if you skip breakfast, you tend to overeat or even eat unhealthy snacks at lunch or later in the evening. When you sleep just after eating a meal, your body is busy digesting your final meal. This can result in various issues, such as indigestion, and a higher risk of a stroke.

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GINGER FRIED RICE

Prep Time: 15 Mins

Serving Size: 4

250 g rice (preferably long grain)

1 tbls vegetable oil

125g chicken, cubed

2 eggs

25g MA'S Fried Rice Seasoning

3 tsp MA's Ginger Paste

100g cabbage, shredded

100g carrots grated or shredded

100g leeks, chopped

50g onion, chopped

50g spring onions, chopped

3 tbls Dad's Garden Teriyaki Sauce

1 tbls New Beginning Sesame Oil

1. Boil rice and keep aside to cool.
2. Heat oil in a pan and sauté the chicken, add eggs and continue to sauté.
3. Add ginger and vegetables except for spring onions and stir – fry for 01 minute.
4. Add cooked rice and mix over a high flame.
5. Mix MA's Fried Rice seasoning together with Dad's Garden Teriyaki Sauce and mix with the rice.
6. Finally, add sesame oil, spring onions and toss well and serve steaming hot.

Fried Rice doesn't need to be unhealthy. We've used 1 to 1 ratio of rice to vegetables for a delicious meal with full flavour.

Who says fried rice needs be long grain? Use red rice for a change - with all the flavour from the ginger you won't even notice.



PAD THAI

Prep Time: 35 Mins
Serving Size: 4

200g rice noodles
1 tbs oil
2 tbs soy sauce
½ tbs sugar
1 tbs MA's Tamarind Paste
1 tbs MA's Thai Red Curry Paste
1 tsp MA's Garlic Paste
1 tbs Dad's Garden Teriyaki Sauce
1 tbs MA's Chicken Stock Powder +
½ cup water
2½ tbs fish sauce
2 eggs
3 dry red chillies, chopped
200g prawns, cleaned
Handful of bean sprouts
100g carrot, shredded
100g cabbage, shredded
4 green onions, chopped

1. Prepare rice noodles or flat noodles.
2. Combine soy sauce, sugar, tamarind paste, curry paste, garlic, fish sauce and chicken stock in a bowl & keep aside.
3. Heat oil in a pan and add egg, scramble and push to side of the pan.
4. Add chilli, prawns and sauté for 3 minutes.
5. Add carrots, cabbage, green onions and mix well.
6. Add sauce and continue to sauté until prawns are cooked through.
7. Adjust salt and stir through noodles, bean sprouts. Sprinkle with crushed peanuts, coriander and serve.



CHICKEN & SWEET CORN SOUP

Prep Time: 15 Mins
Serving Size: 2

100g sweet corn
1 tbs Dad's Garden Teriyaki Sauce
100g chicken breast, diced
2 ½ cups of water
30g MA's Chicken Stock Powder
1 tsp corn flour
1 egg, beaten
1 tsp New Beginning Sesame oil
20g Spring Onion
Salt & pepper to taste

1. Add corn, chicken, teriyaki sauce, water and stock powder in a saucepan.
2. Simmer until corn and chicken is cooked trough.
3. Mix corn flour in a little bit of water at room temperature and add to the pan, stir until thickened.
4. Turn off the heat and stir through the beaten egg.
5. Add sesame oil and spring onions.
6. Just before serving add salt & pepper to taste and serve.

A bowl of soup can provide a good balance of carbohydrates, protein & fats as well as important vitamins and minerals.

MUSHROOM GREEN CURRY WITH RICE NOODLES

Prep Time: 15 Mins
Serving Size: 4

100g button mushrooms, sliced
100g oyster mushrooms, sliced
150g abalone mushrooms, sliced
1 tsp oil
4 tbs MA's Thai Green Curry Paste
300ml MA's Coconut milk
100ml water
1 bunch of basil leaves

1. Heat oil in a pan and gently saute the curry paste until fragrant.
2. Add water, coconut milk and mix well.
3. Add mushrooms and simmer for 5 minutes.
4. Stir through the basil leaves and remove from the heat.
5. Serve hot

Tastes great with eggplant and peas as well!



DEVILLED CHICKEN RED STRING HOPPER KOTTU

Prep Time: 20 Mins
Serving Size: 2

20g MA's Devilled Paste
1 tbs ginger
3 tbs curd
1 tbs oil
250g boneless chicken, cut into small pieces
2 onions, sliced
4 tomatoes, cubed
200g cabbage, shredded
2 carrot, grated
2 eggs
300g red string hoppers

1. Heat oil in a pan, add chicken, devilled curry paste and sauté.
2. Add onions, tomatoes, cabbage and carrots. Sauté for 3 more minutes.
3. Make a space in the centre of the pan. Add beaten eggs and mix until cooked.
4. Add ginger paste, curd and continue to sauté for 3 minutes.
5. Add string hoppers. Mix well & cook until heated through.
6. Add salt to taste and serve hot.

Add fresh chilli, green onion & leeks for extra vegetable choices.

KNOW YOUR SUGAR & SALT

Regularly consuming foods and drinks high in sugar increases your risk of obesity and tooth decay. Sugary foods and drinks, including alcoholic drinks, are often high in energy (measured in kilojoules or calories), and if eaten too often, can contribute to weight gain.

Recommendation: Under 06 teaspoons of sugar per day is recommended according to WHO guidelines.

Eating too much salt can raise your blood pressure. People with high blood pressure are more likely to develop heart disease or have a stroke. Even if you don't add salt to your food, you may still be eating too much. About three-quarters of the salt we eat is already in the food we buy.

Recommendation: 01 teaspoon of salt per day is recommended for a healthy adult

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JAMBU ACHCHARU

Prep Time: 5 Mins
Serving Size: 2

6 jambu
½ tsp MA's Chilli powder
½ tsp MA's Pepper Powder
1 tbls Vinegar
1 tbls Dad's Garden Thai Sweet Chilli Sauce
1 tsp salt

1. Clean the jambu and cut into thin slices.
2. Mix all the spices and sauces in a small bowl.
3. Add sauce mixture to the jambu, mix and serve.

If you want the achcharu to be spicier, add 2 small kochchi chillies.



KEEP HEALTHY SNACKS NEARBY

The snacks that your co-workers so nicely bring to share can add a few hundred calories to your daily diet if you're not careful, and they can leave you with unwanted pounds if you help yourself day after day.

Instead, keep a bag of healthy snacks next to your desk, so you can avoid temptation.

Healthy Snack Ideas:

- Cashews
- Almonds
- Raisins
- Peanuts
- Oven baked kadala
- Plain popcorns
- Dehydrated pineapple and mango

LETTUCE CUPS

Prep Time: 15 Mins
Serving Size: 4

3-4 cleaned lettuce leaves
1 tsp butter
100g chicken, minced
1 heaped tsp MA's Thai Red Curry Paste
5 tbsl MA's Coconut Milk
1 fresh ginger, strips
1 small carrot, strips
½ cucumber, strips

1. Heat butter in a pan, add Thai Red Curry Paste, minced chicken, coconut milk.
2. Cook well, adjust salt and keep it aside.
3. Place little amount of chicken in a lettuce leaf topped with carrots, ginger and cucumber strips.
4. Serve drizzled with Dad's Garden Thai Sweet Chilli Sauce.

These chicken lettuce wraps contain spicy minced chicken and topped with crunchy vegetables. Served with Thai Sweet Chilli sauces, They are quite satisfying snacks.

You can replace MA's Thai Red Curry Paste with MA's Rosted Curry Powder or MA's Thai Green Curry Paste.



VEGETABLE STICKS WITH PEANUT SATAY SAUCE

Prep Time: 10 Mins
Serving Size: 5

Peanut Satay Sauce

60g MA's Thai Red Curry paste
400ml MA's Coconut Milk
180g New Beginnings Crunchy Peanut Butter
2 tbsl sugar
2 tbsl soy sauce
5 cm stalk lemongrass

1. Mix everything into a saucepan and bring to a simmer for 5 minutes.

Serve with carrot, cucumber, celery sticks & bell pepper.

More serving suggestions for Peanut Satay Sauce;

- A salad dressing
- A sauce for savory waffles
- A sauce for sandwiches
- A stir fry base for vegetables or noodle stir fry.



Crafting Tasteful Moments...

MA'S Tropical Food Processing (Pvt) Ltd

No.30, Gothami Road,
Colombo 08.

Tel - 0117 602 200 Fax - 0112 677 989



[mas.kitchen](https://www.mas.kitchen)



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[kitchen.mas](https://www.instagram.com/kitchen.mas)



info@mas.kitchen