

Sri Lanka

Pineapple Curry

The pineapple has many uses in Sri Lanka's kitchens – curries, salads, jams and more.

Manchula from the Australian Volunteers Program's Sri Lanka team was introduced to this *pineapple curry* recipe by Krishanthi from Hambantota District Chamber of Commerce, a program partner, when they brought the dish into Manchula's office. It was so delicious she decided to make her own version.

Ingredients

- 1 ripe pineapple, peeled and diced into chunks
- ½ onion, chopped
- 1-2 green chillies, chopped
- 2 cloves garlic, chopped
- ½ cup coconut milk
- 1 tbsp sugar
- 1 tsp mustard seeds
- 1-2 tsp chilli powder
- 1 tsp curry powder
- 1 tsp turmeric powder
- 2 sticks cinnamon
- 2 tbsp cooking oil
- Curry leaves (optional)
- Salt and pepper to taste

Method

- Heat oil in a pan over medium heat.
- Add the mustard seeds, cover and let the seeds pop.
- Reduce heat and add turmeric, chilli powder and curry powder and fry for around 20 seconds.
- Add onion, green chillies, garlic and curry leaves and fry until fragrant.
- Add the pineapple, sugar and cinnamon.
- Cook covered for about 20 to 30 minutes under a low heat.
- Add the coconut milk and cook for another three minutes.

