SRI LANKAN · LUNCH · DINNER

Dallo Themparaduwa (Sri Lankan Spicy Tempered Squid)

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40 min · Serves 2 · 357 kcal a serve · Video 10:11 in Sinhala · Apé Amma

Pescatarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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Squid cooked in its own juices with spices, chillies and goraka instead of coconut milk: about 31 g protein and 16 g net carbs a serve, with more than a day's selenium and a day's vitamin B12.

Ingredients 15 · SERVES 2

- [ ] 500 g whole **squid or cuttlefish** (dallo), cleaned and cut in rings (about 375 g cleaned)
- [ ] 2 tbsp **coconut oil**
- [ ] ¼ tsp **fenugreek seeds**
- [ ] a sprig of **curry leaves**
- [ ] a piece of **rampe** (pandan leaf)
- [ ] 4–5 **green chillies**, slit
- [ ] 1 small **onion**, sliced
- [ ] 6 **garlic** cloves, crushed to a paste
- [ ] a piece of **ginger**, crushed to a paste
- [ ] 3–4 pieces **goraka** (dried Garcinia souring fruit)
- [ ] 1 tbsp **chilli powder**
- [ ] 1 tsp **Sri Lankan curry powder**
- [ ] ½ tsp **ground turmeric**
- [ ] 1 tsp **ground black pepper**
- [ ] 1 tsp **salt**

Allergens found in the listed ingredients: Molluscs. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Clean the squid: pull the head and tentacles out of the body, remove the clear quill and the innards, cut away the eyes and beak, and peel off the purple skin. 0:45
2. Cut the tubes into rings and the tentacles into pieces, then wash them well in a few changes of water and drain. 3:45
3. Heat the coconut oil in a clay pot or heavy pan, fry the garlic and ginger paste for a moment, then add the fenugreek seeds, curry leaves, rampe and green chillies. 6:40
4. Add the onion and the goraka pieces and fry until the onion softens. 7:25
5. Add the chilli powder, curry powder, turmeric, pepper and salt with the squid and stir to coat every piece. 7:45
6. Cover and cook on low heat, stirring now and then, until the squid is tender and the juices have cooked down to a thick, dark spicy coating. 7:55

> **Tip** Serves 2 as a main (our estimate; 3–4 as one curry among several). Traditionally eaten with rice and other curries; cauliflower rice keeps it lower in carbs. Goraka is sold dried in Sri Lankan shops; tamarind works too.

The method is a summary in our words, in English — the video (in Sinhala) shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
357 kcal	**31** g	**20** g	**3.6** g	**17** g	**1,250** mg
1,490 kJ	63% of a day	16 g net · 4 g sugars	13% of a day	12 g saturated	55% of a day
		7% of a day		22% of a day	

Energy from net carbs 19% · protein 36% · fat 45% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 157% · Vitamin B12 100% · Omega-3 60% · Zinc 30% · Vitamin E 26% · Vitamin C 25% · Vitamin B6 23% · Magnesium 21%

Source of (10–19%) Iron 18% · Potassium 16% · Vitamin A 13%

⚠ One serve has about 55% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Apé Amma (@ApeAmma) on YouTube — youtube.com/watch?v=pYZsi9DUNMI, published 10 June 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/dallo-themparaduwa-squid