



Have a Fearless Women's Day

A day to challenge stereotypes, influence and encourage other women and above all to celebrate: the International Women's Day 2018 comes with the slogan of #Pressforprogress.



As we entered the new year buoyed by the #metoo campaign and a renewed sense of awareness regarding women's rights in the work place, allow me to bring you some recipes that you can enjoy with your girl friends as you plan and plot to rule your world and assert yourself! Here's to more equal opportunities and no extra kilograms, regardless of what you eat! ladies, have a Fearless 2018 and may everyday be one for women!

DEVILED EGGS

Stuffed eggs were a popular entry in ancient Roman cuisine and these preparations made a comeback around the 13th century CE in Spanish cuisine, as the eggs were laced with all kinds of exoticness. The term "deviled" for any food started in 1786

CE in Great Britain, to categorise any food with spices.

So, here's a Fearless

Olive rendition of this popular recipe, meant to spice up your girl time with your cohort of plotters, as you think up of ways to rule the world and other chit chat!

Ingredients

4 duck or chicken eggs, hard boiled

1 tsp kashondi, or you can mix 1/2 tsp mustard paste with 1/4 tsp chili paste & 1 tbsp vinegar

1-2 tomatoes, finely diced

1-2 spring onions, the leafy green parts (finely diced)

1 tbsp ground zeera or cumin seeds

1 bell pepper (very finely diced)

Mint leaves (finely chopped)

Rock salt and pepper to taste



A pinch of cheera or rice flakes

1 tbsp olive oil

Method

For the duck eggs, simmer an extra 5-7 minutes after the water has boiled, as they might take slightly longer than chicken eggs. Once boiled and cooled, gently peel off the shells and cut the eggs in half, giving you two oval halves. Empty out the middle yolk gently without tearing the white top. Mash up the yolks together with 1 teaspoon kashondi mixture, diced tomato, diced spring onion, ground cumin, bell peppers, mint leaves and salt and pepper. Once all the ingredients are mixed properly, scoop them back into the boiled egg whites carefully so they look like the yolks. drizzle them with olive oil and a dash of lemon juice if you want.

Serving

Throw in some of that boldness you possess and sprinkle it lightly with fried cheera or rice flakes or even lightly roasted cheera. You can also use roasted nuts as a topping and serve with a hot tamarind sauce to further tantalize those taste buds.

Health Focus

Egg yolks are rich in lutein and zeaxanthin, which help prevent macular degeneration and keep your eyes more vigilant of actions against gender parity!

ROASTED PUMPKIN

Now conjure up a spicy plot of domination and dig into this dish, oozing with healthy goodness, meant to set you in a good mood. Though to have been eaten since the time of the ancient Mexicans about 7500 years ago, pumpkins still carve a superior niche in our vegetable list.



"I can't actually compare Rupchanda with anything else. Because after using Rupchanda, I didn't use any other cooking oil."

- Roquibul Hassan

Former Captain
Bangladesh National Cricket Team



Rupchanda, a brand from SINGAPORE based Wilmar International Ltd. has been the

brand for 21 years in Bangladesh



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09612777888

