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'Healthy food doesn't have to be boring; it should satisfy both body and soul': Chef Amrita Raichand

According to chef Amrita Raichand, cooking a lovely meal for yourself after a tough day can be incredibly fulfilling, and "that's a lesson I learned from my mother".

Written by [Saumya Rastogi](#)

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In an interview with [indianexpress.com](#), chef Amrita Raichand shares insights into her culinary journey, the role of social media in fuelling her passion for cooking, her favourite cuisine, how her mum's home-cooked meals inspired her, and more. (Source: Amrita Raichand/Instagram)

Celebrity [chef Amrita Raichand](#) is a name synonymous with the Indian culinary scene. But she got her start by acting for advertisements, working with brands like Ponds, Parle, Maggi Noodles, and what not. Remember the Whirlpool mom? Yes, that's Raichand for you. Fast forward to 2024 and you'll find her hosting cooking shows and sharing simple recipes on social media, which she says has been a boon during the Covid-19 pandemic, "when traditional avenues like television shows were missing".

With around half a million followers on Instagram, Raichand has now ventured into philanthropy by collaborating with the Salaam Bombay Foundation, where she conducts special recipe sessions to provide nutrition education to "resource-challenged adolescents" and their communities. "Malnutrition is a serious issue in our country," she says. "As someone who changed careers for the health of my child, I felt compelled to address it." Raichand speaks about the collaboration.

In an interview with [indianexpress.com](#), chef Amrita Raichand shares insights into her culinary journey, the role of social media in fuelling her passion for cooking, her love for regional cuisine, the heartwarming influence of her mum's [home-cooked meals](#), and more.



EXPRESS Shorts

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A father is seeking justice for his two young sons who were brutally murdered by a barber in Uttar Pradesh. The main suspect has been killed by the police, while his brother remains at large. *The family of the victims*