



PATIENT & CAREGIVER EDUCATION

Southeast Asian-Inspired Menu and Recipes

Meal	Menu
Breakfast	• Aloo paratha (potato pancakes) with Greek yogurt * • Masala chai
Snack	• Mango lassi made with Greek yogurt
Lunch	• Bombay sandwich with cheese and sprouts • Seasoned roasted chickpeas • Fruit
Snack	• Paneer tikka kebabs
Dinner	• Butter chicken (chicken makhani) * • Rice • Roti or naan
Snack	• Kheer (rice pudding)

Aloo paratha (potato pancakes) with Greek yogurt

Adapted from www.hebbarskitchen.com

Makes 8 servings.

- Prep time: 10 minutes

- Total time: 40 minutes

Ingredients

For the dough:

- 2 cups all-purpose flour, plus extra for dusting
- ½ teaspoon salt
- 2 tablespoons oil, plus extra for roasting
- Water for kneading

For the filling:

- 3 potatoes, peeled, boiled, and mashed
- 1 teaspoon ginger paste
- 2 chilis, finely chopped
- ½ teaspoon coriander seeds
- ¼ teaspoon ajwain (carom) seeds
- 1 teaspoon chili powder
- 1 teaspoon cumin powder
- ½ teaspoon garam masala
- ¾ teaspoon aamchur (or 1 teaspoon lemon zest)
- ½ teaspoon salt

For serving:

- 1 cup plain yogurt
- ½ cup chutney

Instructions

To make the dough:

1. Add the flour and salt to a large mixing bowl. Mix well with a fork or whisk.
2. Add about ¼ cup water to the bowl and start mixing it with your clean hands. Keep adding water little by little until you can start kneading the dough.
3. Add 2 tablespoons of vegetable oil and keep kneading until the dough is soft and smooth.
4. Form the dough into a ball and brush a bit of oil all over the top. Let the dough rest for 20 minutes.

To make the filling:

1. Add the potatoes, ginger paste, chilis, coriander seeds, ajwain (carom) seeds, chili powder, cumin powder, garam masala, aamchur, and salt to a large mixing bowl. Mix well.

To make the aloo paratha:

1. Sprinkle some flour on a clean, dry surface safe for kneading. Place the dough on the surface and knead it

slightly.

2. Take a handful of dough and make a ball. Divide the dough until you have 8 equal balls.
3. Take the filling and make 8 equal balls. Have them ready to assemble the paratha.
4. Take a dough ball and roll it flat to about 4 inches across. Add flour as needed to keep it from sticking.
5. Place a ball of filling in the center of the flattened dough. Wrap the dough around the filling, stretching the dough until it completely covers the filling. Press the leftover dough with your hand and take off the excess.
6. Roll the filled dough flat until it's about 5 to 6 inches across. Add flour as needed to keep it from sticking. Repeat until you have 8 aloo parathas.
7. Add 1 to 2 teaspoons of ghee or oil to a griddle or large skillet over high heat. Place an aloo paratha on the hot pan and let it cook until the dough makes a bubble, about 2 to 3 minutes. Place a spatula over it to flatten it.
8. Add another 1 to 2 teaspoons of ghee or oil over the aloo paratha, then flip it over. Cook until you see golden to light brown spots on the aloo paratha, another 2 to 3 minutes. Take it off the griddle or skillet and place it on a plate.
9. Repeat these steps, stacking the aloo parathas on the

same plate so they stay soft before serving. Serve with yogurt, chutney, or both.

Nutrition information

Serving size: 1 parantha

- Calories: 285 calories
 - Carbohydrates: 54 grams
 - Protein: 7 grams
 - Fat: 4 grams
 - Sodium: 243 milligrams
 - Potassium: 474 milligrams
 - Added sugar: 7 grams
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Butter chicken (chicken makhani)

Adapted from www.indianhealthyrecipes.com

Makes 4 servings.

- Prep time: 15 minutes
- Cooking time: 30 minutes
- Total time: 45 minutes
- Marinating time: 12 hours

Ingredients

- 1 pound boneless skinless chicken breast, cut into 1 inch cubes
- ½ to ¾ teaspoon Kashmiri chili powder or paprika
- ¼ teaspoon salt
- 1 tablespoon lemon juice

For the marinade:

- ⅓ cup Greek yogurt
- ¾ tablespoon ginger garlic paste
- ⅛ teaspoon turmeric
- ¾ teaspoon garam masala
- ½ teaspoon cumin powder
- 1 teaspoon coriander powder
- 1 teaspoon kasuri methi (dried fenugreek leaves)
- 1 tablespoon canola oil

For the sauce:

- 20 cashews
- ½ cup water
- 1 (28 ounce) can crushed tomatoes
- 2 to 3 tablespoons of butter or ghee, divided

- 2 inches cinnamon stick
- 2 to 3 green cardamon pods
- 2 to 4 cloves
- $\frac{3}{4}$ tablespoon ginger garlic paste
- 1 to 2 green chiles
- 1 teaspoon Kashmiri chili powder
- 1 teaspoon garam masala
- 1 teaspoon coriander powder
- $\frac{1}{2}$ teaspoon cumin powder

For cooking the chicken:

- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon sugar
- $\frac{1}{2}$ teaspoon kasuri methi (dried fenugreek leaves)
- $\frac{1}{4}$ cup water
- $\frac{1}{3}$ cup heavy cream
- 2 tablespoons chopped cilantro leaves

Instructions

To marinate the chicken:

1. Add the chicken pieces to a large mixing bowl. Season with Kashmiri chili powder or paprika, salt, and lemon

juice. Mix well with clean hands or tongs. Cover the bowl and place it in the refrigerator to rest for 20 minutes. After 20 minutes, take the bowl out of the refrigerator and uncover it.

2. Add all the ingredients for the marinade to a separate mixing bowl and mix well.
3. Pour the marinade over the chicken. Cover the bowl again and place it in the refrigerator to marinate for 12 hours or overnight.

To make the sauce:

1. Puree the cashews and water in a blender or food processor until smooth. Add the crushed tomatoes and blend until well combined, then set the puree aside.
2. Add 1 to 1½ tablespoons of butter or ghee, cinnamon, cardamon, and cloves to a large sauté pan or saucepan over medium heat. Let them sizzle for 1 minute, then lower the heat.
3. Add the ginger garlic paste and green chiles to the pan. Cook on low heat until soft, about 2 minutes. Turn off the heat.
4. Add the Kashmiri chili powder, garam masala, coriander, and cumin to the pan and stir. Place a strainer over the pan and pour in the cashew and tomato puree. Use a

sturdy spoon to help the puree pass through the strainer.

5. Once the puree is strained over the pan, mix it well and partially cover the pan. Bring the sauce to a boil on medium high heat, about 5 minutes. Lower the heat and let the sauce simmer until it thickens, about another 5 to 10 minutes.
6. While the sauce simmers, cook the chicken.

To cook the chicken:

1. Add the rest of the butter or ghee to a large skillet over medium heat. Place the marinated chicken in the skillet, making sure the butter or ghee covers it evenly. Let the chicken cook for 3 to 4 minutes on each side.
2. Move the chicken into the sauce. If you want the sauce to be thinner, add about $\frac{1}{4}$ cup of water. You can gradually add more water to adjust the sauce to the thickness you like. Cover the pan and let it simmer for 5 to 7 minutes.
3. Add the salt, sugar, and kasuri methi (fenugreek). Taste and adjust the seasoning as needed.
4. Stir in the heavy cream and garnish with fresh cilantro. Serve with rice or naan.

Nutrition information

Serving size: $\frac{3}{4}$ cup

- Calories: 484
 - Carbohydrates: 18 grams
 - Protein: 42 grams
 - Fat: 28 grams
 - Sodium: 562 milligrams
 - Potassium: 891 milligrams
 - Added sugar: 0 grams
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If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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