Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Southeast Asian-Inspired Vegetarian Menu and Recipes

Meal	Menu
Breakfast	• Masala seasoned hardboiled eggs with avocado and toast • 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	• Rotis or naan • Mong dal * • Vegetable subzi
Snack	• Kheer (rice pudding)

Paneer tikka kebabs

Adapted from www.cookwithmanali.com

Makes: 5 kebabs

- Prep time: 15 minutes

- Cook time: 20 minutes
- Total time: 35 minutes
- Marinating time: 1 hour

Ingredients

- ¾ cup plain Greek yogurt
- 1 tablespoon ginger garlic paste
- 2 tablespoons oil of choice
- 2 teaspoons coriander powder
- 1 teaspoon chaat masala
- 1 teaspoon Kashmiri chili powder
- ¾ teaspoon garam masala
- ¼ teaspoon chili powder
- 1 teaspoon crushed kasuri methi (dried fenugreek leaves)
- ¼ teaspoon salt
- Juice of 1 lemon
- 2 tablespoons chopped cilantro
- 2 tablespoons chopped mint
- 2 heaping cups paneer, cut into cubes
- 1 large onion, cut into 1 inch cubes

- 1 large bell pepper, cut in to 1 inch pieces
- 5 oven-safe kebab skewers (can use metal or bamboo skewers)
- Canola oil spray

To serve:

- Lemon wedges
- Chaat masala
- Cilantro mint chutney
- Onion slices

Instructions

1. Add the Greek yogurt to a large mixing bowl. Mix it with a whisk or fork until it's smooth.
2. Add the ginger garlic paste, oil, coriander, chaat masala, Kashmiri chili powder, garam masala, chili powder, kasuri methi (fenugreek), salt, lemon juice, cilantro, and mint to the mixing bowl. Mix well to make a marinade.
3. Add the paneer, onion, and bell pepper cubes to the bowl. Mix to make sure they're well-coated with the marinade. Cover and place in the refrigerator. Let the cubes marinate for at least 1 hour or overnight.

To make the kebabs:

1. Preheat the oven to 450 °F. Line a baking sheet with parchment paper.
2. Put the paneer, onion, and pepper cubes on a skewer until the skewer is filled. Alternate the ingredients to make a kebab. Leave at least 2 to 3 inches of space at the end of the skewer. Keep doing this until you have 5 kebabs.
3. Arrange the kebabs on the prepared baking sheet and spray them with oil spray. Place the baking sheet in the middle rack of the oven and bake the kebabs at 450 °F for 10 minutes.
4. Switch the oven to broil. Keep cooking the kebabs on the middle rack until the paneer pieces are golden brown, about 2 to 3 minutes.

To serve:

1. Squeeze lemon juice over the kebabs. Sprinkle the kebabs with chaat masala and serve with cilantro mint chutney.

Nutrition information

Serving size: 1 kebab

- Calories: 261 calories
- Carbohydrates: 10 grams

- Protein: 14 grams
- Fat: 20 grams
- Sodium: 66 milligrams
- Potassium: 139 milligrams
- Added sugar: 0 grams

Moong dal

Adapted from www.indianhealthyrecipes.com

Makes about 2½ servings.

- Prep time: 2 minutes
- Cook time: 28 minutes
- Total time: 30 minutes

Ingredients

- 1 cup moong dal (yellow mung lentils)
- 2 tablespoons oil or ghee
- 1 medium onion, chopped
- 1 medium tomato, chopped
- 1 teaspoon cumin seeds
- 4 to 5 curry leaves or 1 bay leaf
- ¼ teaspoon turmeric

- ½ teaspoon Kashmiri chili powder
- 1 teaspoon gram masala
- 2 teaspoons kasuri methi (dried fenugreek leaves)
- 3 cups water

To temper:

- 1 tablespoon oil or ghee
- 4 to 6 garlic cloves, crushed
- 2 dried red chilis
- ½ teaspoon mustard seeds
- 1 teaspoon cumin seeds
- 6 to 8 curry leaves (optional)
- ¼ teaspoon hing (asafoetida, optional)
- ½ teaspoon red chili powder

For serving:

- Lemon wedges

Tempering is a traditional Indian cooking technique to make spices more flavorful and infuse their flavor into the oil or ghee they're tempered in.

Instructions

To make moong dal, you need to use a whistling pressure cooker or electric pressure cooker (such as an Instant Pot®).

1. Add the dal to a bowl. Rinse and drain the water. Repeat a few times until the water runs clear. Leave the dal in the bowl with water to soak while you prepare the rest of the ingredients.
2. Add oil or ghee to a pressure cooker on sauté mode over medium high heat. Then, add the onion, tomatoes, and cumin seeds and sauté for about 1 minute.
3. Add the curry leaves or bay leaf, turmeric, Kashmiri chili powder, garam masala, and kasuri methi (fenugreek). Sauté for another 2 to 3 minutes.
4. Add the washed dal to the pot. Mix well and cover.
5. If you're using a whistling pressure cooker, cook for 4 to 5 whistles on medium heat.
6. If you're using an electric pressure cooker, position the steam release vent to seal and pressure cook for 10 minutes. When the pressure drops, open the lid and mix well. If you want a thinner consistency, add ¼ cup of boiling water and mix well. Add more water as needed to adjust the thickness as you like.

To temper the spices:

1. Add the oil or ghee to a skillet over medium heat. Add the garlic and sauté for about 1 minute.
2. Add the chilies, mustard seeds, and cumin seeds. When the seeds splutter, add the curry leaves, hing, and red chili powder. Turn off the heat and mix well.

To serve:

1. Remove the tempered spices from the heat and pour them over the cooked dal. Gently stir and serve with lemon wedges.

Nutrition information

Serving size: 1½ cups

- Calories: 423
- Carbohydrates: 10 grams
- Protein: 21 grams
- Fat: 9 grams
- Sodium: 20 milligrams
- Potassium: 155 milligrams
- Added sugar: 0 grams

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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