



s.w.e.e.t.h.o.m.e.c.a

Make yourself comfortable.

## Everyday Indian Indian Menu

Yam and Red Onion Chutney with Naan

Papaya Chicken served over rice

Punjabi Asparagus

Mango Sherbet

### Yam and Red Onion Chutney

1 yam  
1 red onion  
Flaxseed oil  
Lemon juice  
Mango powder  
Salt  
Naan

### Punjabi Asparagus

Grapeseed oil  
Garlic  
Fenugreek seeds  
Cumin seeds  
Garam Masala  
Salt  
1 lb asparagus

### Papaya Chicken

Grapeseed oil  
Fenugreek seeds  
Asafoetida  
Garlic  
Ginger  
Green chili  
1 large onion  
Cumin seeds  
Ground cumin  
Ground coriander  
Ground turmeric  
Ground cardamom  
Spanish paprika  
Galt  
2 lb boneless, skinless chicken breast  
Low-fat plain yogurt  
1 Papaya

### Mango Sherbet

Mango juice  
5 mangos  
1 banana  
Plain frozen yogurt  
Lemon juice