



MAD SIZZLE

DAY 1

FreestyleTravelers.com

BULGOGI BEEF

korean bbq beef with steamed rice, crisp salad, green onions, sweet sesame dressing and spiced chili oil



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DAY 2

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UTTAPAM

lentil and rice pancake with
spiced sukha chicken,
coconut and tomato chutney



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DAY 3

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LOMO SALTADO

stir-fried beef with onions,
peppers, tomatoes, soy sauce
and fried potatoes



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DAY 4

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SHAMI KEBAB

beef and lentil kebab with
layered flat bread, yogurt and
mint sauce



MAD SIZZLE

DAY 5

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TURKISH BEEF KEBAB

ground beef with herbs and
spices, pita, greens, tahini and
harissa sauce



MAD SIZZLE

DAY 6

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PAD THAI

pan-tossed seafood, fried egg,
vegetables, flat rice noodles,
sweet and sour sauce and chili
relish



MAD SIZZLE

DAY 7

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CHICKEN SATAY

grilled chicken with turmeric,
chili, lemongrass
fried rice and peanut sauce