



TIFFIN TIMETABLE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cucumber Pancakes	Broccoli & Tofu Whole Wheat Pasta	Jowar Empanadas	Schezwan Oats Crackers	Doodhi Muthia

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Cucumber Pancakes

Add a spring in your little one's step with an energizing Cucumber Pancake tiffin recipe made with Kissan Manchurian Sauce. The chickpea flour filling mixed with fresh vegetables like cabbages is bound by the authentic chinese flavour of Kissan Manchurian Sauce that makes the dish a delight for kids.

Ingredients:

- Rice flour: ½ cup
- Chickpea flour (besan): ¼ cup
- Cucumber (grated and squeezed): ¼ cup
- Potatoes (grated): ¼ cup
- Cabbage (grated): ¼ cup
- Coriander leaves (finely chopped): 2 tablespoons
- Yoghurt: 2 tablespoons
- Salt to taste
- Kissan Manchurian Sauce: 2 tablespoons
- Oil: 2 tablespoons

Method of Preparation:

- In a mixing bowl add rice flour, chickpea flour, cucumber, potatoes, cabbage, coriander and yoghurt.
- Season with salt.
- Add Kissan Manchurian Sauce to the mixture.
- Mix the ingredients well till a semi thick consistency is achieved. Add a little water as required if the dough is too thick.

- On a heated pan, add oil, add a spoonful of the pancake mix to the pan and flatten it till a circular shape is formed.
- Cook the pancake on each side till brown.
- Cucumber pancakes are now ready to serve.

Tiffin Siders:-

Peanuts and watermelon (or any fruit of your choice)

Broccoli and Tofu Whole Wheat Pasta

Give your kids an Italian tiffin treat with Broccoli and Tofu Whole Wheat Pasta made with Kissan Pizza & Pasta Sauce. Broccoli and Tofu combine to form a healthy serving of protein and vitamin C which blends with Kissan Pizza & Pasta Sauce for a healthy and delicious pasta with an authentic Italian flavour no kid can resist.

Ingredients:

- Oil: 2 tablespoons
- Onion (finely chopped): ¼ cup
- Broccoli (blanched): ¼ cup
- Tofu: ¼ cup
- Kissan Pizza & Pasta Sauce: 2 tablespoons
- Whole wheat fusilli pasta: 1 cup
- Salt to taste
- Parsley (chopped): 1 tablespoon

Method of Preparation:

- Heat oil in a pan, add onions, broccoli, and tofu. Saute it well.
- Now add Kissan Pizza & Pasta Sauce and give it a quick mix.
- Season it with salt and garnish it with parsley.

Tiffin Siders:

Cashew nuts and pineapple (or any other fruit as per your choice).

Jowar Empanadas

Create a healthy indo-mexican fusion fit your child's tiffin box called Jowar Empanadas made with Kissan Mexican Salsa Sauce. Infuse the dish with the micronutrients of jowar combined with the authentic jalapeño tang added by Kissan Mexican Salsa Sauce for a delectable empanada filling.

Ingredients:

For the casing:

- Jowar (sorghum millet): ½ cup
- Whole wheat flour: ½ cup

- Salt to taste

For the filling:

- Oil: 2 tablespoons
- Onions (chopped): ¼ cup
- Paneer: ¼ cup
- Zucchini (chopped): ¼ cup
- Asparagus (finely chopped): ¼ cup
- Baby corn: ¼ cup
- Kissan Mexican Salsa Sauce: 2 tablespoons

Method of Preparation:

For the casing:

- In a mixing bowl add jowar and whole wheat flour.
- Add salt to the mixture.
- Add water as required and knead the dough till a semi-thick consistency is achieved.

For the filling:

- Preheat some oil in a pan.
- Add onions, paneer, zucchini, asparagus and baby corn to the pan.
- Season the ingredients with salt.
- Sauté for 8-10 minutes.
- Transfer the ingredients to a bowl.
- Add Kissan Mexican Salsa Sauce to the bowl and mix well.

Assembling the empanada:

- Roll the casing dough into a circle.
- Add the filling in the center of the dough.
- Roll the casing ends over, sealing the edges with a fork.
- Shallow fry the empanadas until golden brown.
- Jowar empanadas are ready to serve along with the tiffin siders.

Tiffin Siders:

Sprouts and dried figs (or any fruit of your choice)

Schezwan Oats Crackers

A crisp and crunchy tiffin meal full of fibre and flavour is our Schezwan Oats Crackers recipe made with Kissan Schezwan Sauce. The goodness of fibrous oats and soy flour blend with the delicious flavours of dried red chillies and aromatic spices added by Kissan Schezwan Sauce making for a delightful tiffin meal.

Ingredients:

- Wheat flour: ½ cup
- Oats flour: ½ cup

- Soy flour: ¼ cup
- Rice flour: ¼ cup
- Fenugreek leaves: 1 tablespoon
- Salt to taste
- Yoghurt: 1 tablespoon
- Black sesame seeds: 1 tablespoon
- Kissan Schezwan Sauce: 1 tablespoon
- Water as required
- Plastic sheets (for rolling the dough): 2

Method of Preparation:

- Preheat your oven at 175-200 °C for 10 minutes.
- In a bowl add wheat flour, oats flour, soy flour, rice flour and fenugreek leaves.
- Season the ingredients with salt.
- Add yoghurt and black sesame seeds to the mixture.
- Add Kissan Schezwan Sauce to the ingredients.
- Add water as required and knead the mixture until a semi-thick dough is formed.
- Place the dough in between two plastic sheets and roll it until flat.
- Slice the flat dough into rectangular pieces, place it on a baking tray and bake for 15-20 minutes.
- Serve along with tiffin siders

Tiffin Siders:

Almonds and pomegranate (or any fruit of your choice)

Doodhi Muthia

Doodhi Muthia is a classic Indian dish to which we're adding an exotic mexican tweak to give your little superstar a ride on the rollercoaster of flavour. Doodhi Na Muthiya is a steamed snack with the goodness of multigrain flours, chickpea flour, and bottle gourd topped with a flavoursome tempering. Kissan Mexican Salsa Sauce gives the dish a zesty flavour and an appetizing aroma.

Ingredients:

- Multigrain flour: ½ cup
- Besan: ½ cup
- Semolina: ¼ cup
- Doodhi or bottle gourd: 1 cup
- Cumin powder: ¼ teaspoon
- Salt to taste
- Baking soda: A pinch
- Kissan Mexican Salsa Sauce: 2 tablespoons
- Oil: 2 tablespoons
- Onion: 2 tablespoons
- Cumin seeds: ½ teaspoon
- Coriander leaves (finely chopped): 2 teaspoons

Method of Preparation:

- In a bowl, add multigrain flour, besan, rava, doodhi grated, cumin powder, salt, baking soda and Kissan Mexican Salsa Sauce. Knead it into a dough.
- Divide the muthia into two parts and roll it into the log shape.
- Steam this for 10 to 15 minutes
- Transfer the steamed muthia on a chopping board

For tempering:

- Heat oil in a pan, add onion and cumin seeds. Saute it until onions get translucent.
- Add chopped coriander and Kissan Mexican Salsa Sauce to the tadka mixture.
- Cut the muthiyas and pour the tempering on top of the muthiyas.
- It's ready to go in the tiffin box.

Tiffin Siders:

Raisins and Kiwi (or any fruit as per your choice)