



TIFFIN TIMETABLE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Savoury Cupcakes	Quinoa Bhurji	Blueberry Quinoa Pancake	Veg Boat	Mango Delight

## Tiffin Expert: Vicky Ratnani

### Vegetable Boat

Treat your children to a tiffin recipe that is both a visual and flavourful treat called Vegetable Boats cooked with Kissan Fresh Tomato Ketchup. Bell peppers, cabbage and broccoli are sautéed with protein-rich tofu and Kissan Fresh Tomato Ketchup for a tangy blast of tomato flavour in the dish. This stuffing is added to a small opening made in a whole wheat baguette completing your delicious Vegetable Boat that your kids are sure to enjoy.

### Ingredients:

- Oil: 1 tablespoon
- Finely chopped onions: 2 tablespoons
- Shredded cabbage: ¼ cup
- Mixed bell peppers: ¼ cup
- Broccoli: ¼ cup
- Salt to taste
- Black pepper: 2 teaspoons
- Tofu: 2 tablespoons
- Chili flakes: 2 teaspoons
- Basil: 1 tablespoon
- Loaf of whole wheat bread: 1
- Kissan Fresh Tomato Ketchup: 2 tablespoons
- Cheese: 1 tablespoon (15-20 grams)

### Method of Preparation:

- Heat oil in a pan, add cumin seeds, hing, ginger, garlic and chili paste. Saute it well for a minute.
- Add cumin powder, coriander powder, corn, salt and Kissan Fresh Tomato Ketchup.

- Switch off the flame and add grated coconut to the mixture and coriander leaves. Mix it well and keep the filling mixture aside.
- In another bowl, add potatoes, corn starch and salt. Knead it into a dough
- Take small portion of potato mixture and form a round ball and flatten it.
- Put tablespoon of filling in the round ball and seal the edges from all sides.
- Coat the round balls with corn flour evenly and shallow fry it on both sides.

Tiffin Siders: Serve with walnuts and pomegranate: (or any other fruit of your choice).

