



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

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Savoury Cupcakes

Cupcakes are a tiffin delight no child can refuse and our Savoury Cupcakes tiffin recipe made with Kissan Fresh Tomato Ketchup are a wholesome meal full of nutrition and flavour. A mixture of vegetables like broccoli, bell peppers and vitamin C-rich zucchini come together with the zingy flavour of Kissan Fresh Tomato Ketchup. This filling is poured into a mould and baked to perfection giving you a serving of delectable Savoury Cupcakes.

Ingredients:

- Whole wheat flour: ¼ cup
- Salt and black pepper to taste
- Broccoli: 2 tablespoons
- Red and green bell peppers: ¼ cup
- Yellow squash: 1 tablespoon
- Zucchini: 2 tablespoons
- Baking powder: 1 teaspoon
- Baking soda: 1 teaspoon
- Dried red chili flakes to taste
- Parsley (chopped): 1 tablespoon
- Water: ¼ cup
- Kissan Fresh Tomato Ketchup: 2 tablespoons

Method of Preparation:

- Preheat your oven to 180°C.
- In a bowl add the whole wheat flour, black pepper, salt, broccoli, bell peppers, yellow squash, zucchini, baking powder, baking soda, chili flakes and chopped parsley.
- Add water to the mix along with Kissan Fresh Tomato Ketchup.

- Mix the batter well.
- Line a cupcake baking tray with baking paper.
- Pour the batter into the cupcake moulds.
- Place the baking tray in the oven and bake at 180°C for 15-20 minutes till golden brown.
- Savoury cupcakes are ready to serve.

Tiffin Siders:

Unsalted almonds and watermelon (or any fruit of your choice).

Quinoa Bhurji

What better way to ensure a complete meal for your child than our Quinoa Bhurji recipe made with Kissan Fresh Tomato Ketchup. Add the benefits of the superfood quinoa to your child's diet with this easy to make recipe that is not only rich in protein but is also delectable thanks to the tangy flavours of Kissan Fresh Tomato Ketchup.

Ingredients:

- Olive oil: 1 tablespoon
- Onions (chopped): 2 tablespoons
- Carrots (chopped): 2 tablespoons
- Green beans (chopped): 2 tablespoons
- Green peas: ¼ cup
- Corn: ¼ cup
- Salt and pepper to taste
- Red chilli powder: 1 teaspoon
- Turmeric powder: 1 teaspoon
- Cumin powder: 1 teaspoon
- Parsley (chopped): 1 tablespoon
- Quinoa (boiled in salt water): ½ cup
- Kissan Fresh Tomato Ketchup: 2 tablespoons
- Whole wheat bread: 3 small slices

Method of Preparation:

- Heat the olive oil in a pan.
- Add the chopped onions, carrots, green beans, green peas and corn to the pan and sauté lightly.
- Season the vegetables with salt and pepper.
- Add red chilli powder, turmeric powder, cumin powder and parsley to the mix.
- After tossing the mixture well, add the cooked quinoa to it.
- Sauté the bhurji, add Kissan Fresh Tomato Ketchup and mix well.
- Your Quinoa Bhurji is ready to serve.

Tiffin Siders:

Unsalted cashews and papaya (or any fruit of your choice).

Blueberry Quinoa Pancake

Today's tiffin meal is a wholesome and easy to prepare Blueberry Quinoa Pancakes recipe made with Kissan Berry Blast Jam. The protein and fibre rich quinoa batter is given a burst of fruity flavour by Kissan Berry Blast Jam for a delicious pancake filled with a berry blast in every bite.

Ingredients:

- Quinoa (cooked): 1 cup
- Whole wheat flour: 2 tablespoons
- Baking soda: 1 teaspoon
- Kissan Berry Blast Jam: 2 tablespoons
- Milk: ½ cup
- Olive oil: 1 tablespoon

Method of Preparation:

- In a bowl, add quinoa, whole wheat flour, baking soda and mix.
- Add Kissan Berry Blast Jam to the flour along with the milk.
- Stir till the mixture has turned into a smooth batter.
- Pour the olive oil in a heated pan.
- Spread the batter in the pan to form small pancakes.
- Cook evenly on both sides until golden brown.
- Your Blueberry Quinoa Pancakes are ready to serve.

Tiffin Siders: Khakhra and figs (or any fruit of your choice).

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).

Mango Delight

Treat your kids to a delicious end of the week tiffin meal with our delicious Mango Delight recipe made with Kissan Mango Jam. Made with real alphonso mango, Kissan Mango Jam gives the recipe an authentic mango burst your kids simply cannot resist. Try this recipe and be rest assured that you will see an empty tiffin box at the end of the school day.

Ingredients:

- Whole wheat flour: ½ cup
- Cardamom powder: 1 tablespoon
- Milk: 1 cup
- Water: ½ cup
- Kissan Mango Jam: 2 tablespoons
- Pears (chopped): 2 tablespoons
- Grapes (chopped): 2 tablespoons

Method of Preparation:

- In a pan, dry roast the whole wheat flour for 5-6 minutes until light brown.
- Add cardamom powder, milk and water to the powder.
- Whisk till the mixture becomes thick.
- Add Kissan Mango Jam to this mixture and whisk.
- Add the pear and grape pieces and mix.
- Pour the mixture into a tray and sprinkle leftover fruits on top.
- Place the tray in the fridge for 15 minutes and allow it to set.
- After the mix has solidified cut it into square pieces and serve.

Tiffin Siders:

Unsalted walnuts and sprouts.