



TIFFIN TIMETABLE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Rajma & Sweet Potato Slider	Yam Hashbrowns	Quinoa Paratha	Baby Potato Satay	Mixed Fruit Puli Balls

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Rajma Sweet Potato Slider

Team up the goodness of veggies and kidney beans with a dash of spices to create this Mini Burger that your kids will jump with joy for. Kissan Sweet & Spicy Sauce keeps the slider moist and intact and adds loads of flavours to the dish.

Ingredients:

- Boiled rajma: 1 cup
- Oil: 2 tablespoons
- Finely chopped onions: 2 tablespoons
- Finely chopped tomato: 2 tablespoons
- Garam masala: ¼ cup
- Salt to taste
- Garam masala: 1 teaspoon
- Boiled sweet potato: 2 teaspoons
- Kissan Sweet & Spicy Sauce: ¼ cup
- Chilli powder: 1 teaspoon
- Whole wheat slider bread: 3
- Turmeric powder: 2 teaspoons
- Lettuce leaves

Method of Preparation:

- Mash the boiled rajma and sweet potato coarsely and keep aside.
- Add powdered spices, onion, tomatoes and Kissan Sweet & Spicy Sauce to the mixture. Combine it together
- Divide the rajma mixture and shape it into patties
- Heat the oil in a pan and shallow-fry each patty until it turns golden brown in colour from both sides.
- Drain on absorbent paper and keep aside.
- For assembly:-
- Cut each slider horizontally into two
- Place lettuce leaves over it
- Place a patty on top of it
- Place the upper half of the bun over it and pack it in the tiffin box.

Yam Hash Brown

Desi meets western in this delectable Yam Hash Brown. Mashed with paneer and packed with a flavourful seasoning, it's a great way to sneak yam into your child's tiffin. Kissan Sweet & Spicy Sauce acts as the perfect accompaniment to the dish and gives these hash browns an exciting zing of fresh tomatoes.

Ingredients:

- Finely grated yam: 1 cup
- Paneer: 1 cup
- Salt to taste
- Black pepper: 2 teaspoons
- Grated potatoes: ½ cup
- Kissan Sweet & Spicy Sauce: 2 tablespoons
- Oil: 1 tablespoon
- Mixed herbs: 2 teaspoons
- Chilli flakes: 2 tablespoons
- Finely chopped coriander: 2 teaspoons

Method of Preparation:

- Take a mixing bowl, add grated yam, potatoes and crumbled paneer. Mash them together and keep it aside
- Add Kissan Sweet & Spicy Sauce and rest of the ingredients in the mixture. Combine it together
- Divide the yam mixture and shape it into patties
- Heat oil in a pan and shallow fry it until golden brown on both sides
- Your crispy hash brown is ready to pack.

Quinoa Paratha:

We've created a yummy way to include protein-rich quinoa into your child's diet. Quinoa Stuffed Paratha is a healthier version of the regular paratha. Kissan Sweet & Spicy Sauce blends all the ingredients together and adds the perfect balance of sweet and spice to the dish.

Ingredients:

- Quinoa: ½ cup
- Salt to taste
- Black pepper: 2 teaspoons
- Finely chopped onion: 2 tablespoons
- Kissan Sweet & Spicy Sauce: 2 tablespoons
- Oil: 1 tablespoon
- Wheat flour: 1 cup
- Cumin powder: 2 teaspoons
- Turmeric powder: 2 teaspoons
- Finely chopped coriander: 2 teaspoons
- Coriander powder: 1 tablespoon

Method of Preparation:

- Take a mixing bowl, add quinoa, onion, coriander, and seasoning. Combine it together
- Add Kissan Sweet & Spicy Sauce to the quinoa filling
- Knead paratha dough with flour, salt and water
- Make a small roundel of dough. Fill quinoa filling in the dough and roll a small round paratha
- Place the stuffed paratha gently on the tawa and roast it from both sides by greasing it with oil or ghee
- Your quinoa paratha is ready to pack.on the second side.
- Cool slightly and pack

Baby Potato Satay:

Looking for an interesting yet healthy dish that will put a smile on your child's face? Baby Potato Satay is the answer! For this dish, baby potatoes are marinated with an assortment of flavours. Kissan Fresh Tomato Ketchup adds the freshness and flavour of real tomatoes and makes the dish even more colourful and exciting.

Ingredients:

- Baby potatoes: 10-12
- Chopped capsicum: 1
- Paneer: ½ cup
- Salt to taste
- Black pepper: 2 teaspoons
- Peanut butter: 2 tablespoons

- Kissan Fresh Tomato Ketchup: 2 tablespoons
- Oil: 1 tablespoon
- Soya sauce: 2 teaspoons
- Sesame oil: 1 tablespoon
- Parsley: 2 tablespoons

Method of Preparation:

- Preheat the oven to 200°C
- Boil the baby potato and keep it aside.
- Make a marination with peanut butter, salt, pepper, Kissan Fresh Tomato Ketchup, soya sauce, sesame oil and parsley.
- Take satay sticks, poke in baby potato, paneer and capsicum
- Keep the satay sticks in marination for few minutes
- Place it in the baking tray
- Bake it for 10 - 15 minutes and it's ready to pack.

Mixed Fruit Puli Balls:

Here is a nutritious and deliciously fruity treat to lighten up your child's day. Mixed Fruit Puli is an easy to make round balls stuffed with fruits that will satisfy their sweet tooth. Kissan Mixed Fruit Jam adds a refreshing fruity flavour to the dish, making it a lot yummiier!

Ingredients:

- Refined flour: 1/3 cup
- Oats flour: 1/3 cup
- Chilled water: 1/2 teaspoon
- Kissan Berry Blast Jam: 2 tablespoons (30g)
- Butter chilled and cut into cubes: 1/3 cup g

Method of Preparation:

- Take a mixing bowl, add rice flour, milk and gradually pour in water
- Knead it into a dough and keep it aside
- Make a filling from Kissan Mixed Fruit Jam and mixed fruits
- Make flat balls out of the dough and stuff the filling
- Place the stuffed puli ball in the steamer. Let it steam for 8 - 10 minutes
- Your puli is ready to pack in the tiffin box