

TIFFIN TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Veggie and cheese mini naans	Roti Noodles	Egg and Chicken French Toast	Sweet Potato and quinoa patties	white chocolate & jam french toast

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Veggie and Cheese Mini Naans:

Let's add a dash of fun to plain naan and make it super tasty for your children. Stuffed with veggies and cheese, this Vegetable Cheese Naan is crispy on the outside and soft on the inside. Kissan Fresh Tomato Ketchup gives it a rich taste and makes it even more appetising for kids.

Ingredients:

- Whole wheat flour: ½ cup
- Soy flour: ½ cup
- Finely chopped cauliflower: 1 cup
- Kissan Fresh Tomato Ketchup: 1 ½ tablespoons
- White sesame seeds: 1 tablespoon
- Grated cheese: 2 cubes
- Baking powder: ½ teaspoon
- Water to make the dough
- Ghee: 1 teaspoon

- Salt to taste

Method of Preparation:

- Take a mixing bowl, add whole wheat flour and soy flour.
- Add sesame seeds, baking powder, salt, chopped cauliflower, grated cheese, Kissan Fresh Tomato Ketchup. Mix it well and knead into a soft dough.
- Make medium sized balls from the dough and roll it into circles. Cut it into mini naan shapes with the cookie cutter.
- Heat a pan and place the naan, cook it on both sides till you get a nice golden colour.
- Take the cheese naan on a plate and brush some ghee on it.
- Pack this mini naan in your child's tiffin box.

Roti Noodles:

Chapatis get an exciting makeover with this recipe. Tossed with crunchy veggies and soy sauce, Chapati Noodles trick your kids into eating a healthy meal of vegetables and roti during tiffin time. Kissan Fresh Tomato Ketchup adds a medley of delicious flavours along with the goodness of tomatoes to the dish, making it a wonderful treat for your child.

Ingredients:

- Roti or paratha: 2
- Kissan Fresh Tomato Ketchup: 2 tablespoons
- Julienned carrot: ½ cup
- Julienned beetroot: ½ cup
- Sprouts: 2 tablespoons
- Salt to taste
- Pepper: A pinch
- Shredded cabbage: ½ cup
- Soy sauce: ½ teaspoon
- Oil
- Finely chopped garlic: 1 teaspoon

Method of Preparation:

- Roll the chapati and cut it into long strips, like noodles
- Heat oil in a pan, add garlic and saute it until brown
- Add mixed vegetables, salt to taste, pepper, soy sauce and Kissan Fresh Tomato Ketchup
- Toss it together and add roti noodles. Cook it for a few minutes
- Pack these chatpata roti noodles in your child's tiffin box.

Eggs and Chicken French toast:

Here's a savoury version of your child's all-time favourite, French Toast. Topped with chicken and coated with protein-rich eggs, it tastes absolutely delicious. Kissan Fresh Tomato Ketchup gives it a fabulous taste and ensures that every tiffin box returns home empty.

Ingredients:

- For the filling:
- Oil: 2 tablespoons
- Finely chopped chicken: 1 cup
- Finely chopped garlic: ½ teaspoon
- Finely chopped onions: 2 tablespoons
- Baby corn: 3-4 pieces (sliced Round)
- Butter: 1 teaspoon
- Salt and pepper to taste
- Oregano: 1 tablespoon
- Kissan Fresh Tomato Ketchup: 1 tablespoon
- Cheese (optional)
- For the French toast:
- Eggs: 2
- Milk: 2-3 tablespoons
- Multigrain bread: 2-4 slices
- Salt and pepper to taste

Method of Preparation:

- Heat oil in a pan, add garlic and onions. Saute it until translucent
- Add baby corn, salt, pepper, oregano and chicken. Mix it well and let it cook on a high flame
- Beat the egg in a bowl, add salt, pepper and milk.
- Add Kissan Fresh Tomato Ketchup to the chicken mixture
- Now take one slice of the bread, put the mixture in the centre and cover it with the other slice pressing it gently to close.
- Carefully dip it in the egg mixture and fry in a non-stick pan till crunchy on both sides using a little bit of butter
- Cut into pieces and serve.

Sweet potato and quinoa patties:

Wondering what to pack in your child's tiffin today? Opt for these healthier Potato Quinoa Patties. Loaded with the goodness of quinoa, sweet potato and cheese inside, these crunchy patties taste irresistible. Kissan Fresh Tomato Ketchup adds a remarkable flavour to the patties and keeps it moist until the break time.

Ingredients:

- Boiled sweet potatoes: ½ cup
- Boiled quinoa: ½ cup
- Finely chopped beans: 2 tablespoons
- Mashed green peas: 2 tablespoons
- Cheese cubes: 3 - 4 cubes
- Cornstarch: 2 teaspoons
- Kissan Fresh Tomato Ketchup: 1 tablespoon
- Salt and pepper to taste
- Oil to shallow fry
- Cornflake crumbs: 2 tablespoons

Method of Preparation:

- Take a mixing bowl, add boiled sweet potatoes and quinoa
- Add beans, mashed peas, salt and pepper to taste, corn flour and Kissan Fresh Tomato Ketchup to the mixture. Mix it together
- Divide the mixture and shape it into patties
- Fill the cheese cubes in the centre, close the patty and flatten it
- Roll each patty in cornflakes crumbs to coat it evenly
- Heat oil in a pan and shallow fry these patties until golden brown evenly on both the sides.
- Pack these crispy patties in your child's tiffin box

White Chocolate and Jam French Toast:

French toast is a recipe that will never disappoint your kids. It's a delectable dish with a coating of egg, milk and an amazing chocolate surprise inside. Kissan Mixed Fruit Jam adds a burst of fruity flavours to the dish, making it a full-fledged treat.

Ingredients:

- Bread slices: 4
- Kissan Mixed Fruit Jam: 1 tablespoon
- Finely chopped white chocolate: 2 tablespoons
- Milk: ½ cup
- Egg: 1
- Vanilla essence: ½ teaspoon
- Butter: 1 teaspoon

Method of Preparation:

- Cut off the crust from the slices of bread
- Apply Kissan Mixed Fruit Jam on 2 slices of bread, place the chopped chocolate on top and close with the other slice of bread, repeat for other bread slices
- In a bowl beat the egg, add in milk and vanilla essence
- Dip the jam and chocolate bread slices in the milk and egg batter
- Cook bread slices on a lightly greased pan on medium heat until browned on both sides.