



TIFFIN TIMETABLE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Paneer Bhurji Roll	Chicken Stir Fry	Vermicelli Upma	Baked Potato Wedges	Jam Muffin

Tiffin Expert: Rashmi Naik

Chicken Stir Fry

This easy and healthy Chicken Stir Fry with Veggies recipe by Chef Rashmi is a must in your child's tiffin menu. Of course, you can always add a twist to it with some Kissan Fresh Tomato Ketchup.

Ingredients:

1. Chicken: 1 cup, boneless (1 inch cubes).
2. Corn flour: 1 tbsp.
3. Oil: 1 tbsp.
4. Salt to taste
5. Pepper powder to taste
6. Garlic: 1 tsp, chopped.
7. Ginger: 1 tsp, chopped.
8. Kissan Fresh Tomato Ketchup: 2 tbsp.
9. Broccoli blanched: 3 tbsp.
10. Mix bell peppers: 3 tbsp, dices.
11. Onion dices: 2 tbsp.
12. Soy sauce: 1 tsp.
13. Vinegar: 1 tsp.

Method of Preparation:

1. In a wok, take oil, add garlic and ginger and saute. Add onion and saute
2. Add all the veggies apart from broccoli and cook, then add chicken cubes
3. Sprinkle with salt and pepper. Cook chicken until just done and keep it aside in a plate
4. Add ketchup, soy sauce, vinegar and water. Cook it and add broccoli
5. Check if the chicken and veggies are cooked. Taste and adjust seasoning.
6. Garnish and serve with spring onion