

# TIFFIN TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aloo and dal dumpling	Veg Kurkure Balls	Chatpate Aloo Rolls	Tandoori Cauliflower	Sweet and sour noodles with veggies and peanuts

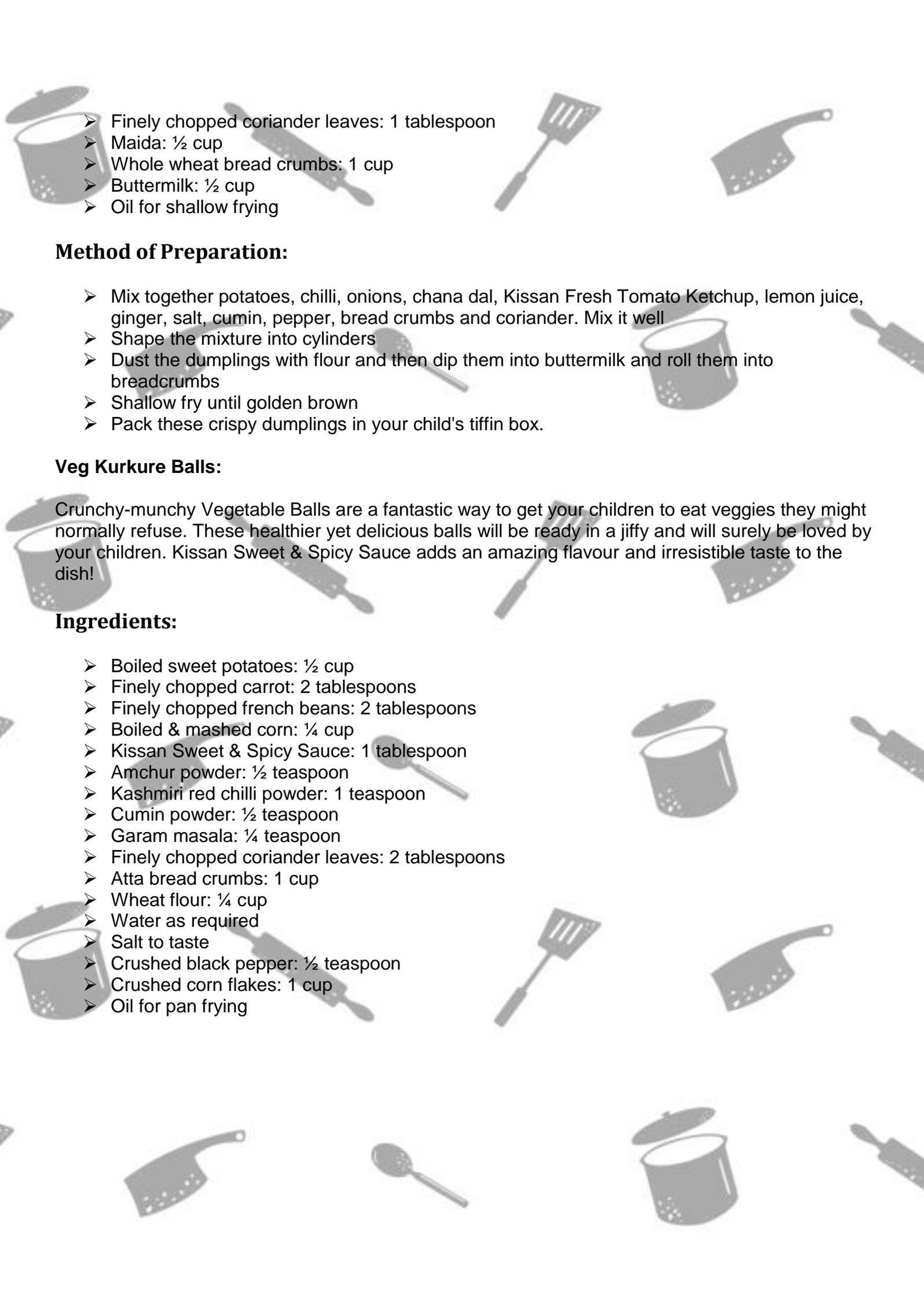
**Tiffin Expert: Nandita Iyer**

## Aloo and Dal Dumpling:

Dumplings is a fun and innovative way to introduce protein-rich lentils into your kid's diet and these crispy, fried dumplings will never fail to impress your children. Tangy Kissan Fresh Tomato Ketchup will help take the taste and flavour of the dish to the next level.

## Ingredients:

- Boiled & mashed potatoes: 1 cup
- Chopped onions: 1/3 cup
- Grated ginger: 1/2 teaspoon
- Chopped green chilli: 1 teaspoon
- Lemon juice: 1 teaspoon
- Cooked dal (chana dal): 1/2 cup
- Kissan Fresh Tomato Ketchup: 1 tablespoon
- Black salt to taste
- Crushed black pepper: 1 teaspoon
- Cumin seeds: 1 teaspoon

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- Finely chopped coriander leaves: 1 tablespoon
  - Maida: ½ cup
  - Whole wheat bread crumbs: 1 cup
  - Buttermilk: ½ cup
  - Oil for shallow frying

### **Method of Preparation:**

- Mix together potatoes, chilli, onions, chana dal, Kissan Fresh Tomato Ketchup, lemon juice, ginger, salt, cumin, pepper, bread crumbs and coriander. Mix it well
- Shape the mixture into cylinders
- Dust the dumplings with flour and then dip them into buttermilk and roll them into breadcrumbs
- Shallow fry until golden brown
- Pack these crispy dumplings in your child's tiffin box.

### **Veg Kurkure Balls:**

Crunchy-munchy Vegetable Balls are a fantastic way to get your children to eat veggies they might normally refuse. These healthier yet delicious balls will be ready in a jiffy and will surely be loved by your children. Kissan Sweet & Spicy Sauce adds an amazing flavour and irresistible taste to the dish!

### **Ingredients:**

- Boiled sweet potatoes: ½ cup
- Finely chopped carrot: 2 tablespoons
- Finely chopped french beans: 2 tablespoons
- Boiled & mashed corn: ¼ cup
- Kissan Sweet & Spicy Sauce: 1 tablespoon
- Amchur powder: ½ teaspoon
- Kashmiri red chilli powder: 1 teaspoon
- Cumin powder: ½ teaspoon
- Garam masala: ¼ teaspoon
- Finely chopped coriander leaves: 2 tablespoons
- Atta bread crumbs: 1 cup
- Wheat flour: ¼ cup
- Water as required
- Salt to taste
- Crushed black pepper: ½ teaspoon
- Crushed corn flakes: 1 cup
- Oil for pan frying

### Method of Preparation:

- Take a mixing bowl and add all the ingredients except flour, oil, corn flakes, bread crumbs and water. Mix it together properly
- Divide the mixture and shape each portion into a ball
- In another bowl, mix water and flour to make a slurry mixture
- Spread bread crumbs and corn flakes in two different plates
- Heat oil in a pan. Dip each ball in the slurry mixture and then roll it in breadcrumbs. Dip again in the slurry and then roll into cornflakes and shallow fry till golden brown in colour
- Serve these crispy yummy balls in your child's tiffin.

### Chatpate Aloo Roll:

This Chatpata Aloo Roll is easy-to-make and super pleasing to the palate of your picky eater. It's a lip-smacking roll which offers delight in every bite for your little one. Kissan Fresh Tomato Ketchup elevates the flavour of the dish making your kids crave for more of these chatpata rolls in their tiffin!

### Ingredients:

- Multigrain rotis: 2
- Oil: 2 teaspoons
- Cumin seeds: ½ teaspoon
- Finely chopped carrot: 2 tablespoons
- Finely chopped bell peppers: 2 tablespoons
- Green peas: 1 tablespoon
- Coriander powder: 1 teaspoon
- Kissan Fresh Tomato Ketchup: 2 tablespoons
- Amchur powder: ½ teaspoon
- Turmeric powder: ½ teaspoon
- Salt to taste
- Boiled potato (large): 1
- Finely chopped coriander: 2 teaspoons

### Method of Preparation:

- Heat oil in a pan. Add cumin seeds and cook until they splutter
- Add all the vegetables and saute it for a few minutes
- Now add Kissan Fresh Tomato Ketchup and dry masalas to the mixture and keep stirring the spices well for a few seconds
- Add boiled potato cubes, coating it well with the spice mix. Garnish the mixture with coriander leaves
- Add potato stuffing in the centre of the chapati and make a roll
- Pack these chapata rolls in your child's tiffin box

## **Tandoori Cauliflower:**

As soon as your child tastes these cauliflower florets marinated in tandoori spices, they will definitely binge on it without a tantrum. It's deliciously crispy on the outside and wonderfully tender on the inside. Kissan Fresh Tomato Ketchup acts as a marinade for the dish and transforms the taste of sober veggies into something really exciting!

### **Ingredients:**

- Cauliflower: 1 cup
- Hung curd: 2 tablespoons
- Gram flour: 1 tablespoon
- Kasoori methi: 1 teaspoon
- Kashmiri red chilli powder: 1 teaspoon
- Coriander powder: 1 teaspoon
- Garam masala powder: 1 teaspoon
- Jeera powder: ½ teaspoon
- Kissan Fresh Tomato Ketchup: 2 tablespoons
- Salt to taste
- Oil: 2-3 teaspoons

### **Method of Preparation:**

- Marinade the cauliflower with the above-mentioned ingredients and keep aside for 15 minutes
- Heat oil in a pan, place the marinated cauliflower and cook until the edges start to become brown
- Cover with lid and allow it to cook for few minutes
- Serve this crispy marinated cauliflower in your child's tiffin.

## **Sweet & Sour Noodles with Veggies And Peanuts:**

Give them noodles the healthy way! Tossed with the goodness of veggies and the exciting, crunchy addition of peanuts, it's an absolute treat for your child. Kissan Fresh Tomato Ketchup definitely creates magic by adding its unique flavour to the dish.

### **Ingredients:**

- Cooked noodles: 1 cup
- Kissan Fresh Tomato Ketchup: 2 teaspoons
- Soy sauce: 1 teaspoon
- Vinegar: ½ teaspoon
- Smooth peanut butter: 1 teaspoon
- Chopped spinach: ¼ cup
- Oil: 1 tablespoon
- Finely chopped onion: 1
- Spring onion greens: 2 tablespoons

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- Finely chopped carrot: 2 tablespoons
  - Roasted & crushed peanuts: 1 tablespoon

### **Method of Preparation:**

- In a mixing bowl, whisk together Kissan Fresh Tomato Ketchup, soy sauce, vinegar and peanut butter until smooth
- Add cooked noodles to this and toss well
- Heat oil in a pan. Add onion, spring onion and grated carrot. Stir fry it for few minutes
- Put this over the noodles in a bowl and toss
- Top it with roasted peanuts.
- Heat oil in a pan and stir-fry spinach for few minutes
- Add the vegetable to the noodle bowl and toss it well again
- Serve this vegetable noodles in your kid's tiffin box