



TIFFIN TIMETABLE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pulled Bread Pizza	Schezwan Zucchini Pancakes	Manchurian Tofu With Corn Meal	Mexican Uttapam	Mexican Salsa Salad

## Tiffin Expert: Pallavi Nigam

### Pulled Bread Pizza

Entice your little ones into having a healthy tiffin meal with a Pulled Bread Pizza recipe made with Kissan Pizza Pasta Sauce. Prepare this delicious baked goodie rich with veggies and the savoury flavours infused by Kissan Pizza Pasta Sauce for an authentic italian taste to put a smile on your kids face when they open up that tiffin box.

### Ingredients:

- Baguette bread: 4 inch slice
- Kissan Pizza Pasta Sauce: 2 tablespoons
- Onion (sliced): 1
- Basil: 2 leaves
- Cheese: 2 tablespoons
- Garlic oil: 2 teaspoons

### Method of Preparation:

- Cut the baguette bread into a roughly 4 inch piece.
- Slice the bread in a criss cross pattern taking care not to cut too deep.
- Spread Kissan Pizza Pasta Sauce inside the slices.
- Add onions, basil and cheese in the slices.
- Place the bread into a baking tray and bake it in an oven for about 10 minutes at 180°C.
- After baking, place your ready Pulled Bread Pizza in the tiffin box.

### Tiffin Siders:

Almonds and sprouts.

## Schezwan Zucchini Pancakes

Looking forward to a day when your kids want veggies for tiffin? Well that day is here thanks to our Schezwan Zucchini Pancakes recipe made with Kissan Schezwan Sauce. Prepare this delicious pancake batter with the goodness of zucchini fused with the kick of flavour added by Kissan Schezwan Sauce which makes for a delicious fluffy pancake that your kids will be craving for.

### Ingredients:

- Grated zucchini: 1 cup
- Whole wheat flour: ¼ cup
- Gram flour: 3 tablespoons
- Cheese: 2 tablespoons
- Corn flour: 2 tablespoons
- Buttermilk: 150 ml
- Kissan Schezwan Sauce: 2 tablespoons
- Salt to taste
- Oil: 1 tablespoon

### Method of Preparation:

- In a bowl, add grated zucchini, whole wheat flour, besan, cheese, corn flour, buttermilk, Kissan Schezwan Sauce and salt to taste. Mix until smooth.
- Grease oil in a pan, pour a spoonful of batter and cook the mini pancakes evenly on both the sides until golden brown.
- Your Schezwan Zucchini Pancakes are ready to pack in the tiffin box.

### Tiffin Siders:

Figs and Kiwi (or any other fruit as per your choice)

## Manchurian Tofu With Cornmeal

Add a twist of Chinese cuisine to your kids tiffin box with our Manchurian Tofu Cornmeal recipe made with Kissan Manchurian Sauce. Put together this delicious blend of vegetables, tofu and cornmeal, bound by the delectable flavour added by Kissan Manchurian Sauce for an irresistible tiffin meal for your munchkin.

### Ingredients:

- Oil: 1 tablespoon
- Bell peppers: ¼ cup
- Asparagus: ¼ cup
- Mushroom: ¼ cup
- Baby corn: ¼ cup
- Tofu: ¼ cup
- Kissan Manchurian Sauce: 2 tablespoons
- Cornmeal: ½ cup

## Method of Preparation:

For the cornmeal:

- Add cornmeal to a pan along with water.
- Sprinkle the cornmeal with salt and pepper.
- Boil till ready.

For the manchurian tofu:

- In a heated pan, add oil, bell peppers, asparagus, mushroom and baby corn.
- Add Kissan Manchurian Sauce to the vegetables and sauté lightly.
- Add tofu in the pan and mix the ingredients well.
- Manchurian Tofu is ready to serve with cornmeal.

Tiffin Siders:

Unsalted cashew nuts and papaya (or any fruit of your choice)

## Mexican Uttapam

When a desi delight takes an exotic ride, delicious Mexican Uttapam is created with Kissan Mexican Salsa Sauce. Top your regular uttapam with this exotic mix of vegetables and beans infused with rich Kissan Mexican Salsa Sauce for an authentic mexican twist that your kids are sure to enjoy.

## Ingredients:

- Onion (diced): 1
- Rajma (boiled): ¼ cup
- Corn: 2 tablespoons
- Bell Peppers (chopped): 2 tablespoons
- Cabbage (chopped): 2 tablespoons
- Cheese: 1 tablespoon
- Coriander (chopped): 1 tablespoon
- Cumin powder: 1 teaspoon
- Salt and pepper to taste
- Kissan Mexican Salsa Sauce: 2 tablespoons
- Dosa batter: 1 cup
- Oil: 1 tablespoon

## Method of Preparation:

For the salsa:

- In a mixing bowl add onions, rajma, corn, bell peppers, cabbage, cheese and coriander.
- Season with cumin powder, salt and pepper.
- Add Kissan Mexican Salsa Sauce and mix well.
- Salsa is ready to place on the uttapam.

For the uttapam:

- Place heaped ladles of dosa batter on to the pan and do not spread.
- Garnish the uttapams with the prepared salsa.
- Brush the uttapams lightly with oil.
- Flip the uttapams and cook evenly on each side.
- Serve once the uttapams are ready.

Tiffin Siders:

Raisins and pomegranate (or any fruit of your choice)

### Mexican Salsa Salad

Salads and health go hand in hand, and today flavour joins the mix with our Mexican Salsa Salad tiffin recipe made with Kissan Mexican Salsa Sauce. Filled with vegetables like lettuce and bell peppers along with fibre rich rajma beans this salad is topped with a showering of Kissan Mexican Salsa Sauce for an authentic tangy flavour to make your salad irresistible to your little ones.

**Ingredients:**

- Iceberg lettuce: 1 large leaf
- Rajma (boiled): ½ cup
- Bell peppers (roasted): ¼ cup
- Sweet corn (boiled): 3 tablespoons
- Spring onion: 1 tablespoon
- Spring onion greens: 2 tablespoons
- Poppy seeds: ½ cup
- Kissan Mexican Salsa: 2 tablespoons
- Salt and Pepper to taste

**Method of Preparation:**

- Take a mixing bowl, in it add the lettuce, rajma, bell peppers, corn, spring onions and poppy seeds.
- Pour the Kissan Mexican Salsa into the mix and stir well.
- Salad is ready to serve.

Tiffin Siders:

Nachos and watermelon (or any fruit of your choice)