



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

Tiffin Expert: Rashmi Naik

Paneer Bhurji Roll

The easiest dish you will ever make is the Paneer Bhurji Roll by Chef Rashmi. This roll recipe is one of the best ways to strike a balance between health and taste, especially when you add in some Kissan Fresh Tomato Ketchup.

Ingredients:

1. Paneer: 1 cup
2. Oil: 1 tbsp
3. Cumin seeds: 1/4 tsp.
4. Green chilies: 1, Chopped.
5. Onion: 1, small.
6. Turmeric powder: 1/4 tsp.
7. Garam masala powder: 1/2 tsp.
8. Ginger garlic paste: 1 tsp.
9. Kissan Tomato Ketchup: 3 tbsp
10. Salt to taste
11. Whole wheat roti : 2, Cooked.
12. Capsicum chopped: 2 tbsp
13. Mixed bell peppers: 2 tbsp, chopped.
14. Carrot chopped: 2 tbsp

Method of Preparation:

1. Heat oil in a deep-bottomed pan, add the cumin seeds, chopped onions and the ginger garlic paste, fry till brown.
2. Add the chillies and the Kissan Fresh Tomato Ketchup and fry till they are soft and pulpy.
3. Add turmeric powder, garam masala powder, salt and a little water so that all the masalas are well combined. Add all the veggies and cook
4. Add grated paneer and fry for 5 minutes till the paneer blends into the masala.
5. Take a cooked whole-wheat roti and apply ketchup to the base, put the paneer filling and fold it.