



TIFFIN TIMETABLE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cucumber Pancakes	Broccoli & Tofu Whole Wheat Pasta	Jowar Empanadas	Schezwan Oats Crackers	Doodhi Muthia

Tiffin Expert: Rashmi Naik

Doodhi Muthia

Doodhi Muthia is a classic Indian dish to which we're adding an exotic mexican tweak to give your little superstar a ride on the rollercoaster of flavour. Doodhi Na Muthiya is a steamed snack with the goodness of multigrain flours, chickpea flour, and bottle gourd topped with a flavoursome tempering. Kissan Mexican Salsa Sauce gives the dish a zesty flavour and an appetizing aroma.

Ingredients:

- Multigrain flour: ½ cup
- Besan: ½ cup
- Semolina: ¼ cup
- Doodhi or bottle gourd: 1 cup
- Cumin powder: ¼ teaspoon
- Salt to taste
- Baking soda: A pinch
- Kissan Mexican Salsa Sauce: 2 tablespoons
- Oil: 2 tablespoons
- Onion: 2 tablespoons
- Cumin seeds: ½ teaspoon
- Coriander leaves (finely chopped): 2 teaspoons

Method of Preparation:

- In a bowl, add multigrain flour, besan, rava, doodhi grated, cumin powder, salt, baking soda and Kissan Mexican Salsa Sauce. Knead it into a dough.
- Divide the muthia into two parts and roll it into the log shape.
- Steam this for 10 to 15 minutes

- Transfer the steamed muthia on a chopping board

For tempering:

- Heat oil in a pan, add onion and cumin seeds. Saute it until onions get translucent.
- Add chopped coriander and Kissan Mexican Salsa Sauce to the tadka mixture.
- Cut the muthiyas and pour the tempering on top of the muthiyas.
- It's ready to go in the tiffin box.

Tiffin Siders:

Raisins and Kiwi (or any fruit as per your choice)