



TIFFIN TIMETABLE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spinach Dumplings	Arancini Balls	Dilli Chaat	Veggie Sticks With Sesame	Mango bread pudding

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Spinach Dumplings

If you need a way to incorporate fibre into your child's diet, our Spinach Dumplings cooked with Kissan Fresh Tomato Ketchup recipe has you covered. Served in the form of dumplings, the flavour of the sauce imbued with Kissan Fresh Tomato Ketchup adds yumminess to every bite, leaving a zesty taste which will have your child asking for more.

Ingredients:

- For the spinach dumplings:
- Finely chopped spinach: 3 cups
- Crumbled paneer: 3/4 cup
- Nutmeg/jaiphal powder: 1/4 teaspoon
- Green chillies (optional): 1/4 teaspoon
- All purpose flour: 2 tablespoons
- Baking powder: A pinch
- Pepper: 1/4 teaspoon
- Salt to taste
- For the tomato sauce:
- Kissan Fresh Tomato Ketchup: 2 tablespoons
- Carrot puree: 1 cup
- Chilli flakes (optional): 1/4 teaspoon
- Pepper: 1/4 teaspoon

- Finely chopped garlic: 1 tablespoon
- Finely chopped onions: 1/4 cup
- Oil: 2 tablespoons
- Salt to taste
- Cheese: 2 tablespoons (30 grams)

Method of Preparation:

- To make the spinach dumplings:
- Steam the spinach for 5 minutes and squeeze out the water
- Take a mixing bowl, add spinach, paneer, nutmeg powder, chillies, pepper, salt, all-purpose flour, baking powder. Mix it well
- Shape them into 10-15 small balls
- Steam for 5 minutes and keep aside.

Arancini Balls

Kids enjoy the visual delight of food as much as they enjoy the flavour and what better way to meld form and function than Saffron Arancini balls. Our recipe for Saffron Arancini balls with Kissan Sweet and Spicy Sauce is the perfect blend of healthy vegetables, flavour and an appetizing presentation for your child's tiffin time munchies. Cooked with an infusion of Kissan Sweet and Spicy Sauce, every bite elicits a flurry of flavours perfectly complementing the saffron with the scintillating taste of the sauce which is sure to tickle your child's taste buds.

Ingredients:

- Brown rice (Cooked): 1 cup
- Saffron/kesar (soaked in 2 teaspoons of milk): A few strands
- All-purpose flour: 1 teaspoon
- Pepper: ½ teaspoon
- Kissan Sweet & Spicy Sauce: 2 tablespoons
- Finely chopped onions: 2 tablespoons
- Finely chopped mushrooms: 1 tablespoon
- Finely chopped bell peppers: 1 tablespoon
- Peas (Boiled): 1 tablespoon
- Chilli flakes/chilli powder: ½ teaspoon
- Mixed herbs: ¼ teaspoon
- Cheese: 1 tablespoon
- Breadcrumbs: ¼ cup
- Oil: 2 tablespoons
- Salt to taste

Method of Preparation:

- Preheat the OTG at 170°C
- Heat oil in a pan and add finely chopped onions

- Add pepper, chilli flakes, mixed herbs, salt, all-purpose flour, and saffron milk. Toss it well Add chopped veggies, peas, brown rice and cheese. Toss it well and switch off the burner
- Allow it to cool
- Transfer the rice mixture into the bowl. Add Kissan Sweet & Spicy Sauce and mix it well
- Form balls out of the mixture and roll it in the breadcrumbs
- Grease the baking tray and place the arancini balls
- Bake it for 10-15 minutes
- Serve with marinara sauce and pack these yummy arancini balls in the tiffin box.

Dilli Chaat

We're bringing a classic street food to the tiffin box with a healthy twist which will make this Delhi Chaat recipe a sure hit with your kids. Kissan Fresh Tomato ketchup forms a sweet yet tangy base for protein rich sprouts creating a sumptuous blend of flavour while being a nutritious meal for your little one.

Ingredients:

- Boiled black chana/sprouts (boiled if using sprouts): ½ cup
- Sweet potatoes and/or regular potatoes (Boiled): 2 to 3
- Chopped tomatoes: 3
- Finely chopped onions: ½ cup
- Asafoetida: A pinch
- Coriander-cumin powder: 1 teaspoon
- Red chilli powder: 1 teaspoon
- Lemon juice: 1 tablespoon
- Chaat masala: 2 teaspoons
- Sev: 1-2 teaspoons
- Baked papdi/nippat/khakra/puri: ¼ cup
- Grated ginger: 1 teaspoon
- Green chilli (optional): ½ teaspoon
- Kissan Fresh Tomato Ketchup: 1 tablespoon
- Coriander leaves: 1 tablespoon
- Oil: 2 tablespoons
- Salt to taste

Method of Preparation:

- Shallow fry the potatoes in oil/ghee and keep aside on a kitchen towel
- Add the ginger, coriander and cumin powder, red chilli powder, finely chopped green chillies, salt and asafoetida to the pan and saute well
- Add the tomatoes and cook it well
- Add the shallow fried potatoes, chaat masala, tomato sauce, lemon juice to the tomato mix
- Cover the chaat with crushed papdis and sev
- Garnish with coriander leaves.

Veggie Sticks with Sesame

Getting your kids to eat their veggies is no longer a challenging task. Veggie Sticks are marinated with an array of spices, crunchy sesame seeds and Kissan Sweet & Spicy Sauce to please your little one's palate. The tangy flavour added by Kissan Sweet & Spicy Sauce combined with the sesame seed crunch makes for a fun duo which will have your kids asking for more to share with all their friends.

Ingredients:

- Parboiled carrots: 2
- Parboiled beetroot: 1
- Parboiled sweet potato: 2
- Tofu: 200 grams
- Red chilli powder: ½ teaspoon
- White pepper: ½ teaspoon
- Star anise: 1 piece
- Honey: 2 teaspoons (10 grams)
- Finely chopped ginger: ½ teaspoon
- Kissan Sweet & Spicy Sauce: 2 tablespoons
- Roasted white and black sesame seeds: 2 tablespoons
- Olive oil: 2 tablespoons
- Deseeded red dried chilli: 1 piece
- Salt to taste

Method of Preparation:

- Heat the oil in a pan and add parboiled vegetables. Saute it well for a few minutes
- Add dried chilli, star anise, and ginger to the mixture
- Now, add tofu followed by pepper, chilli powder and salt to taste. Toss it well
- In a separate bowl, mix the Kissan Sweet & Spicy Sauce, honey and roasted sesame seeds
- Transfer the vegetable mixture into the sauce bowl. Coat the veggies with the sauce mixture and keep it aside
- Your veggie sticks are ready to go in the tiffin box

Mango Bread Pudding

Sweet treats are guaranteed hits with kids and our Bread & Mango Pudding provides the ideal gratification for that tiffin time sweet tooth. The creamy and rich custard mix infused with Kissan Mango Jam creates a delightful flavour that lets your child enjoy the king of fruits all year round.

Ingredients:

- Whole wheat slice bread: 4 slices
- Custard powder: 3 tablespoons
- Milk: 1 ½ cup
- Kissan Mango Jam: 4 tablespoons
- Butter to grease

Method of Preparation:

- Preheat the OTG at 175° C
- Heat a pan and gradually pour in milk. Let it boil
- Meanwhile, add milk and custard powder into the mixing bowl
- Transfer the custard mixture into the pan. Whisk it well and ensure there are no lumps to it
- Switch off the flame and add Kissan Mango Jam in the custard mixture. Mix it well
- Grease the baking tray with butter and place the slices of bread
- Pour the custard mixture on top of the bread slices and coat it well
- Bake it for 10 minutes and it's ready to pack.