Tiffin Expert: Shagun Mehra

Bombay Toastie Sandwich:

The Bombay Toastie Masala Sandwich is a delicious twist to your regular Aloo/Potato Sandwich. This Veg Grilled Toast Sandwich by Shagun is easy to make. Kissan Fresh Tomato Ketchup in this recipe boosts the flavor of your child’s tiffin.

Ingredients:

- 4 slices brown bread
- 1 cup boiled and mashed potatoes
- 2 tablespoons Kissan Sweet and Spicy Sauce
- 1/2 teaspoon jeera
- 1/2 teaspoon mustard seeds
- 1 tablespoon boiled green peas
- 1/2 teaspoon garam masala
- 1 teaspoon chopped green chillies
- 1 tablespoon oil
- 1/4 teaspoon turmeric
- Salt to taste
- A pinch of pepper
- 1 teaspoon lemon juice
- 1 tablespoon green chutney
- 1 teaspoon butter
Method of Preparation:

Heat oil in a pan. Add cumin seeds and mustard seeds. Once mustard seeds crackle, add green chilies, turmeric powder, mashed potatoes and green peas. Stir. Add in Kissan Sweet and Spicy Sauce and some salt. Stir
Take it off the flame
On bread slice, apply butter and green chutney. Now apply this potato mixture
Pan grill this sandwich and serve.

Mini Paneer And Curry Leaf Slider:

You can never go wrong with the Paneer and Curry Leaf Slider aka Paneer Burger recipe for your child's tiffin. Also, adding Kissan Fresh Tomato Ketchup on the buns gives a burst of tangy and spicy flavor with every bite.

Ingredients:

- 4 mini whole wheat slider (burger) buns
- 3/4 cup grated paneer
- 1 tablespoon curry leaves chopped
- 1 chopped onion
- 1 teaspoon chopped garlic
- 1 teaspoon chopped green chillies
- 2 tablespoons Kissan Fresh Tomato Ketchup
- Salt to taste
- Pinch of pepper powder
- 4 slices sliced tomatoes
- 4 lettuce leaves
- 2 tablespoons Kissan Sweet and Spicy Sauce
- 2 tablespoons oil
- 2 cheese slices

Method of Preparation:

Heat 1 teaspoon oil in a pan, saute onion and garlic until translucent, remove the sautéed onion and garlic in a separate bowl, while the remaining oil used for sautéing is kept in the pan. Allow the mixture to get cooled
Mix in curry leaves, green chillies, Kissan Fresh Tomato Ketchup, Paneer, salt and pepper.
Shape a portion into flat patty
Heat the remaining oil in a pan and pan fry the patty until golden
Drain on an absorbent paper
Apply Kissan Sweet and Spicy Sauce on the burger bun, line the burger with lettuce, followed by tomato slice, then patty and lastly the cheese slice
Secure the slider with toothpick and serve.
Popcorn Chicken:

Popcorn Chicken is every child's favorite recipe. Put this in your kids dabba and it sure will come back empty. Don’t forget to dip the Chicken Popcorn into Kissan Fresh Tomato Ketchup to make it even tastier.

Ingredients:

- 1 cup chicken cubes
- 1 tablespoon Kissan Fresh Tomato Ketchup
- 1 teaspoon chopped garlic
- 1/2 cup buttermilk
- 1/2 cup refined flour
- Salt to taste
- 2 tablespoon pepper
- 1 teaspoon chilli powder
- 1 teaspoon jeera powder
- 1 cup powdered oats
- Oil to deep fry

Method of Preparation:

Marinate chicken with Kissan Fresh Tomato ketchup, salt, pepper and garlic
In a bowl combine refined flour, salt, pepper, chilli powder and jeera powder
Take chicken pieces, roll them in flour mixture
Dip them in butter milk and them roll them over on oats
Deep fry them until golden brown
Serve

Chicken Wrap:

The Chicken Wrap in your kid’s tiffin is a refreshing take on a chicken tandoori, incorporating health with taste. Kissan Fresh Tomato Ketchup is a perfect add-on to marinate the chicken for the wrap. Your kids will love it!

Ingredients:

- 4 Rotis
- 1/2 cup sliced red and yellow bell pepper
- 1/2 cup sliced onions
- 1 cup chicken breast sliced
- 2 tablespoons Kissan Sweet and Spicy Sauce
- Salt to taste
- A pinch of pepper
- 1 tablespoon oil
- 1 tablespoon hung curd
- 1 teaspoon tandoori masala
Method of Preparation:
In a bowl, marinate chicken with hung curd, 1 tablespoon Kissan Fresh Tomato Ketchup, tandoori masala, salt and pepper
Heat oil in a pan and cook the chicken until done. Allow it to cool.
Now, soften the roti on the pan (Refer to the video for better understanding)
Shred the chicken. Take the roti, spread Kissan sweet and spicy sauce on it
Layer it with sliced onions, sliced bell peppers and cooked shredded chicken
Fold the roti in a wrap.
Serve.

Steam Rice Pudding:
Kids love pudding this Rice Pudding/Kheer is a delicious Indian recipe prepared and packed for your kids tiffin. When you add in Kissan Mixed Fruit Jam, it brings in a fun dose of sweetness and flavour.

Ingredients:
- 2 turmeric leaves
- 1/2 cup rice flour
- 2 tablespoons (30g) grated coconut
- 2 tablespoons mixed nuts
- 3-4 tablespoons Kissan Mixed Fruit Jam
- 1/4 teaspoon elaichi powder
- A pinch of salt
- Instead of water, add skim milk for binding

Method of Preparation:
Mix together rice flour, grated coconut, elaichi powder, salt and add a little bit of skim milk for binding
Take turmeric leaves, apply the rice paste evenly and spread Kissan Mixed Fruit Jam over it evenly
Fold the leaves vertically and steam for 5-7 mins. Serve.