



TIFFIN TIMETABLE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soya & Broccoli Pasta	Schezwan Chilli Toast	Mexican Butterfly	Schezwan Chilla	Manchurian Roti Noodles

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Soya and Broccoli Pasta

Serve a box of joy to your little ones with our delicious yet healthy Soya and Broccoli Pasta recipe. Delight those little taste buds with an array of delectable soya chunks, paneer and broccoli blended together with the authentic flavour of Kissan Pizza & Pasta Sauce making it an irresistible treat to gorge on!

Ingredients:

- Olive oil: 2 teaspoons
- Finely chopped onion: 1
- Blanched broccoli: 1
- Soya chunks: ½ cup
- Baby corn: 2 tablespoons
- Paneer: ¼ cup
- Pepper: 1 teaspoon
- Salt to taste
- Whole wheat fusilli: 1 cup
- Kissan Pizza & Pasta Sauce: 2 tablespoons
- Water as required
- Cheese: 1 tablespoon

Method of Preparation:

- Heat oil in a pan, add chopped onion and saute it well.
- Now, add broccoli, soya chunks, baby corns and paneer. Sprinkle salt and pepper to taste.
- Add fusilli pasta, Kissan Pizza & Pasta Sauce and a splash of water, cook for a minute on high flame.
- Garnish cheese on top and pack it in your kid's tiffin box.

Tiffin Siders:-

Figs and watermelon (or any fruit of your choice).

Schezwan Chilli Toast

For a serving of happiness on bread prepare our delicious Schezwan Chilli Cheese Toast with Kissan Schezwan Sauce tiffin recipe. Spread a delicious mix of paneer, corn and bell peppers infused with the flavours of Kissan Schezwan Sauce over a multigrain bread base rich with fibre to complete your delectable Schezwan Chilli Toast.

Ingredients:

- Bell peppers (assorted): ½ cup
- Paneer: ½ cup
- Corn (boiled): ¼ cup
- Yoghurt: 1 tablespoon
- Salt and black pepper to taste
- Kissan Schezwan Sauce: 2 tablespoons
- Multigrain bread: 2 slices
- Cheese: 1 tablespoon

Method of Preparation:

- In a mixing bowl add bell peppers, paneer, corn and yoghurt.
- Season the mixture with salt and black pepper.
- Add Kissan Schezwan Sauce in the bowl and mix well.
- Meanwhile heat a pan on high flame and toast one side of each multigrain bread slice.
- Once the slice is toasted, remove it from the pan and place the veggie mixture on top of the toasted portion of the bread.
- Sprinkle the bread with cheese and place it back on the pan veggie side up.
- Cover the pan and allow the bread to cook for roughly a minute.
- Once cooked, slice the bread into desired shapes and sizes then serve.

Tiffin Siders:

Cashews and papaya (or any fruit of your choice)

Mexican Butterfly

For another tiffin recipe done easy, we bring you an exotic Mexican Butterfly preparation made with Kissan Mexican Salsa Sauce. Let the authentic flavours of jalapenos and tomatoes added by Kissan Mexican Salsa Sauce enrich the tofu and mixed vegetable filling in this delectable pasta dish which your kids are sure to enjoy.

Ingredients:

- Olive oil: 1 teaspoon
- Spring onions: 2 tablespoons

- Bell Peppers: ¼ cup
- Sweet corn: 3 tablespoons
- Tofu: ¼ cup
- Asparagus: 2 tablespoons
- Salt and pepper to taste
- Kissan Mexican Salsa Sauce: 2 tablespoons
- Farfalle pasta: ½ cup

Method of Preparation:

- Heat a teaspoon of olive oil in a pan, add spring onions and saute it for 30 seconds.
- Add bell peppers and toss it well.
- Combine it with sweet corn, tofu and asparagus. Season with salt and pepper to taste.
- Add in Kissan Mexican Salsa Sauce and farfalle pasta. Toss it well.
- Your Mexican pasta is ready to pack in the tiffin box.

Tiffin Siders

Almonds and Kiwi (or any fruit as per your choice).

Schezwan Chilla

Introduce a chinese twist to a classic indian dish with our Schezwan Chilla tiffin recipe made with Kissan Schezwan Sauce. Fresh veggies are bound by protein rich soy flour for a healthy chilla batter infused with the flavours of dried chillies added by Kissan Schezwan Sauce in this delectable recipe that no kid can resist.

Ingredients:

- Carrots (grated): ¼ cup
- Broccoli (grated): ¼ cup
- French beans: ¼ cup
- Cabbage (chopped): ¼ cup
- Red onions (chopped): 2 tablespoons
- Gram flour: ¼ cup
- Soy flour: ¼ cup
- Salt and black pepper to taste
- Coriander (chopped): 2 tablespoons
- Kissan Schezwan Sauce: 2 tablespoons
- Water as required
- Olive oil: 1 tablespoon

Method of Preparation:

- Add carrots, broccoli, french beans, cabbage and onions to a bowl.
- Add gram flour and soy flour to the vegetables.
- Season the mix with salt and pepper and add the chopped coriander.
- Add Kissan Schezwan Sauce to the mix and stir well.

- Pour small amounts of water as required and mix the batter until a thick consistency is achieved.
- Meanwhile heat a pan on medium flame with a spoonful of oil on it.
- Place the batter in the shape/size you prefer onto the pan.
- Cover the pan and cook for one minute on each side.
- Your Schezwan Chillas are ready to serve.

Tiffin Siders:

Roasted walnuts and pomegranate (or any fruit of your choice).

Manchurian Roti Noodles

Indo-chinese at its finest, our Manchurian Roti Noodles tiffin recipe made with Kissan Manchurian Sauce is a dish that your kids will gladly gobble up during lunch time. Rich with the flavours of soya, garlic and spices, Kissan Manchurian Sauce imparts a savoury flavour to the sautéed mushrooms, veggies and sliced whole wheat roti noodles for an unforgettable tiffin treat for your kid.

Ingredients:

- Olive oil: 1 teaspoon
- Garlic: 1 tablespoon
- Sliced onion: ¼ cup
- Mushroom: ½ cup
- Bell peppers: ½ cup
- Baby corn (blanched): ¼ cup
- Carrot (blanched): ¼ cup
- Green peas (boiled): 2 tablespoons
- Asparagus: ¼ cup
- Sprout & moth beans: ¼ cup
- Salt to taste
- Pepper to taste
- Kissan Manchurian Sauce: 2 tablespoons
- Whole wheat rotis: 4

Method of Preparation:

- Heat oil in a pan, once heated saute garlic and onion on a high flame.
- Add mushrooms, bell peppers, baby corn, carrot, green peas, asparagus and sprout & moth beans. Toss it well.
- Season it with salt and pepper to taste.
- Add in Kissan Manchurian Sauce and combine it well.
- Next, add in chopped roti noodles and mix it well.
- Indo Chinese Manchurian noodles is ready to pack.

Tiffin Siders:

Mix fruits (any fruits as per your choice) and raisins