



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

Tiffin Expert: Varun Inamdar

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