



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Paneer Crepes	Broccoli Fritters	Veg Skewers	Veg Savoury Pancakes	Spaghetti Tomato Aioli

## Tiffin Expert: Varun Inamdar

### Paneer Crepes

Protein packed Paneer Crepe Rollups are an exciting tiffin recipe for your little ones and it's also easy to make. Kissan Fresh Tomato Ketchup adds a delectable tomato punch to the dish and leaves your kids wanting more.

#### Ingredients:

- Whole wheat flour: ¼ cup
- Salt to taste
- Black pepper: 2 teaspoons
- Garam masala: 1 teaspoon
- Milk: ½ cup
- Oil: 4 teaspoons (20 ml)
- Grated paneer: 1 cup
- Chopped onion: ¼ cup
- Finely chopped bell pepper: ¼ cup
- Shredded carrot: ¼ cup
- Shredded cabbage: ¼ cup

- Cumin powder: 1 tablespoon
- Chilli powder: 1 teaspoon
- Chopped coriander leaves: 2 tablespoons
- Turmeric powder: 1 teaspoon
- Kissan Fresh Tomato Ketchup: 2 tablespoons

### **Method of Preparation:**

- For Paneer Stuffing:-
- Heat oil in a pan, add onion and saute it until translucent
- Add chopped veggies followed by powdered spices and salt to taste. Mix it well and add grated paneer, Kissan Fresh Tomato Ketchup to the mixture.
- Garnish it with coriander leaves and combine all the ingredients together
- For Batter:-
- Take a mixing bowl, add whole wheat flour, salt, pepper and whisk it up with milk and ensure that the batter mixture is lumps free
- In a non-stick pan, add a little oil and pour in a ladle full of batter. Make a medium round thin pancake and evenly cook on both sides
- Add the paneer filling to the crepe and roll it.
- Cut it into two halves and your paneer crepes are ready to go in the tiffin box

### **Broccoli Fritters**

If you're struggling with a picky eater, don't worry, because we've created a great way to sneak in the goodness of broccoli into your child's diet. Kissan Fresh Tomato Ketchup gives the dish a dash of taste and flavour and makes it absolutely irresistible!

### **Ingredients:**

- Broccoli: 1 cup
- Salt to taste
- Black pepper: 2 teaspoons
- Cheese: 2 tablespoons (25 grams)
- Kissan Fresh Tomato Ketchup: 2 tablespoons
- Oil: 1 tablespoon
- Whole wheat flour: 2 tablespoons
- Parsley: 2 teaspoons

### **Method of Preparation:**

- Preheat oven to 200 °C
- Cut the broccoli into florets, steam it lightly and grate it

- Take a mixing bowl, add broccoli, wheat flour, cheese, parsley, Kissan Fresh Tomato Ketchup, salt and pepper to taste. Mix it well
- Grease the baking tray with oil and drop a spoonful of broccoli mixture.
- Bake it for 15 - 20 minutes

### **Spaghetti Tomato Aioli**

When it comes to your child's tiffin, you can never go wrong with pasta! Spaghetti Pasta tossed with colourful veggies and infused in Kissan Fresh Tomato Ketchup and aioli sauce is a delight in every bite. Kissan Fresh Tomato Ketchup adds a vibrant colour and tangy tomato flavour to the dish.

#### **Ingredients:**

- Whole wheat spaghetti: 1 cup
- Garlic: 1 tablespoon
- Sliced bell peppers: ½ cup
- Sliced baby corn: ½ cup
- Sliced carrot: ½ cup
- Corn: 2 tablespoons
- Black pepper: 2 teaspoons
- Salt to taste
- Parsley: 1 tablespoon
- Oil: 2 tablespoons
- Kissan Fresh Tomato Ketchup: 2 tablespoons
- Cream: 2 tablespoons

#### **Method of Preparation**

- Boil the spaghetti pasta and keep it aside
- Heat oil in a pan, add garlic and sauté it well
- Add chopped veggies and corn. Mix it well and let it cook for 2 minutes.
- Next, add cream, pepper, salt, Kissan Fresh Tomato Ketchup and parsley. Combine it together
- Add boiled spaghetti pasta and cook it on high flame for 2 minutes
- Spaghetti pasta is ready to pack in the tiffin box.

### **Veg Skewers**

Veg skewers are an innovative way to team up a bunch of veggies with an assortment of spices to keep your child's appetite healthy. Kissan Sweet & Spicy Sauce acts as a marinade and blends all the flavours together to bolster the flavour of the dish.

### Ingredients:

- Yellow zucchini: 1
- Black pepper powder: 2 teaspoons
- Onion: 1
- Cubed tofu
- Kissan Sweet & Spicy Sauce: 2 tablespoons
- Oil: 1 tablespoon
- Green zucchini: 1
- Red & yellow bell peppers: 2
- Baby corn: 1
- Parsley: 2 teaspoons
- Green chilli sauce: 1 tablespoon
- Soya sauce: 1 tablespoon

### Method of Preparation:

- Preheat the oven to 200°C
- Cut veggies into small cubes
- Make a marination with pepper, green chilli sauce, soya sauce and Kissan Sweet & Spicy Sauce. Keep it aside
- Take skewers and skew the chopped vegetables
- Brush the marination on veg skewers
- Place it on the baking tray and bake it.

### Savoury Pancakes

Here's a savoury pancake creation to get your children to eat more vegetables, without the tantrums. Kissan Fresh Tomato Ketchup adds the goodness of fresh tomatoes to the pancake and enhances the taste of the dish like never before.

### Ingredients:

- Gram flour: 1 cup
- Salt to taste
- Chopped onion: 2 tablespoons
- Kissan Fresh Tomato Ketchup: 2 tablespoons
- Oil: 1 tablespoon
- Chopped tomatoes: 2 tablespoons
- Black pepper: 1 teaspoon
- Turmeric powder: 2 teaspoons
- Coriander powder: 2 teaspoons

- Chopped bell pepper: 2 tablespoons
- Cabbage: 2 tablespoons
- Grated carrot: 2 tablespoons
- Chilli powder: 1 teaspoon
- Water

#### **Method of Preparation:**

- Take a mixing bowl, add all the ingredients and make a thick batter
- Heat oil in a pan. Pour the batter on the pan
- Cook it from both the sides evenly.