

TIFFIN TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Veggie and cheese mini naans	Roti Noodles	Egg and Chicken French Toast	Sweet Potato and quinoa patties	white chocolate & jam french toast

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Eggs and Chicken French toast:

Here's a savoury version of your child's all-time favourite, French Toast. Topped with chicken and coated with protein-rich eggs, it tastes absolutely delicious. Kissan Fresh Tomato Ketchup gives it a fabulous taste and ensures that every tiffin box returns home empty.

Ingredients:

- For the filling:
- Oil: 2 tablespoons
- Finely chopped chicken: 1 cup
- Finely chopped garlic: ½ teaspoon
- Finely chopped onions: 2 tablespoons
- Baby corn: 3-4 pieces (sliced Round)
- Butter: 1 teaspoon
- Salt and pepper to taste
- Oregano: 1 tablespoon

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- Kissan Fresh Tomato Ketchup: 1 tablespoon
 - Cheese (optional)
 - For the French toast:
 - Eggs: 2
 - Milk: 2-3 tablespoons
 - Multigrain bread: 2-4 slices
 - Salt and pepper to taste

Method of Preparation:

- Heat oil in a pan, add garlic and onions. Saute it until translucent
- Add baby corn, salt, pepper, oregano and chicken. Mix it well and let it cook on a high flame
- Beat the egg in a bowl, add salt, pepper and milk.
- Add Kissan Fresh Tomato Ketchup to the chicken mixture
- Now take one slice of the bread, put the mixture in the centre and cover it with the other slice pressing it gently to close.
- Carefully dip it in the egg mixture and fry in a non-stick pan till crunchy on both sides using a little bit of butter
- Cut into pieces and serve.