



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Paneer Croquettes	Jammie Cookie Sandwiches	Kidney Bean Burger	Instant Paella	Gram Flour Stuffed Kachori

Tiffin Expert: Pallavi Nigam

Gram flour stuffed kachori:

Crispy and tasty, this Besan Kachori is a sure shot winner in your kids tiffin box. Kissan Fresh Tomato Ketchup helps the kachori to stay nice and moist till break time and helps keep the kachori together.

Ingredients:

- Kachori Dough:
- Maida: 1 cup
- Whole wheat flour: 1 cup
- Ghee: 1 tablespoon
- Salt to taste: 1/4 teaspoon
- Water
- For stuffing:
- Gram flour (besan): 1/2 cup
- Cumin seeds: 1/4 teaspoon
- Grated ginger: 1/2 teaspoon
- Garam masala powder: 1/2 teaspoon
- Dry mango powder: 1/4 teaspoon
- Oil: 1 tablespoon
- Kissan Fresh Tomato Ketchup: 2 - 3 tablespoons

Method of Preparation:

- In a pan, heat 1 tablespoon of oil, add cumin seeds, let them crackle.
- Add grated ginger saute for 30 seconds.
- Now add garam masala, dry mango powder and gram flour saute for around 2 minutes.
- Then add Kissan Fresh Tomato ketchup, mix it well.
- For Dough
- In a bowl, add whole wheat flour, maida, ghee and salt. Mix it well. Then add water gradually to form a smooth dough
- Make lemon size balls of the prepared dough. Roll them out in small circles. Place around 1 tablespoon of stuffing at the centre. Apply a little ghee on the edges to bring the edges together and make a ball.
- With the help of a rolling pin, roll them into medium sized circles.
- Deep fry until golden brown.