

# TIFFIN TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pressure Cooker Pasta	Sweet Potato Paratha	Apple Stuffed French Toast	Egg Sabzi	Pineapple Halwa

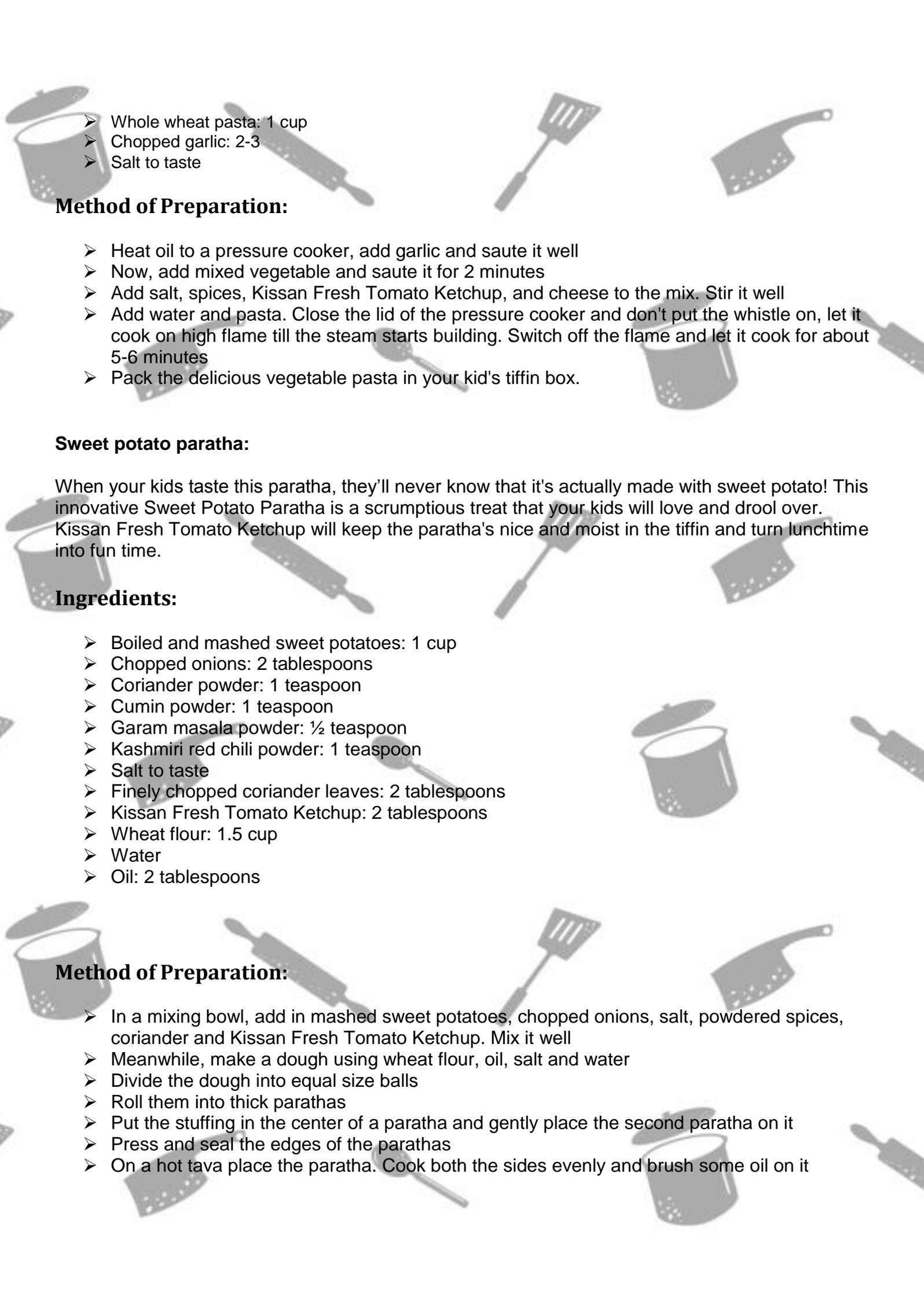
**Tiffin Expert: Monika Manchanda**

## Pressure Cooker Pasta:

Children can be picky about food, but Pasta is definitely everyone's favorite! Combined with the goodness of vegetables and loaded with cheese on top, it's an absolute treat for your little one. Kissan Fresh Tomato Ketchup acts as a pasta sauce and elevates the taste a notch higher.

## Ingredients:

- Chopped mixed vegetables: 1 cup
- Kissan Fresh Tomato Ketchup: 2 tablespoons
- Grated cheese:  $\frac{3}{4}$  cup
- Mixed herbs (can use pizza seasoning): 1 teaspoon
- Black pepper powder: 1 teaspoon
- Chilli flakes:  $\frac{1}{2}$  teaspoon
- Olive oil: 2 teaspoons
- Water: 1.5 cups

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- Whole wheat pasta: 1 cup
  - Chopped garlic: 2-3
  - Salt to taste

### **Method of Preparation:**

- Heat oil to a pressure cooker, add garlic and saute it well
- Now, add mixed vegetable and saute it for 2 minutes
- Add salt, spices, Kissan Fresh Tomato Ketchup, and cheese to the mix. Stir it well
- Add water and pasta. Close the lid of the pressure cooker and don't put the whistle on, let it cook on high flame till the steam starts building. Switch off the flame and let it cook for about 5-6 minutes
- Pack the delicious vegetable pasta in your kid's tiffin box.

### **Sweet potato paratha:**

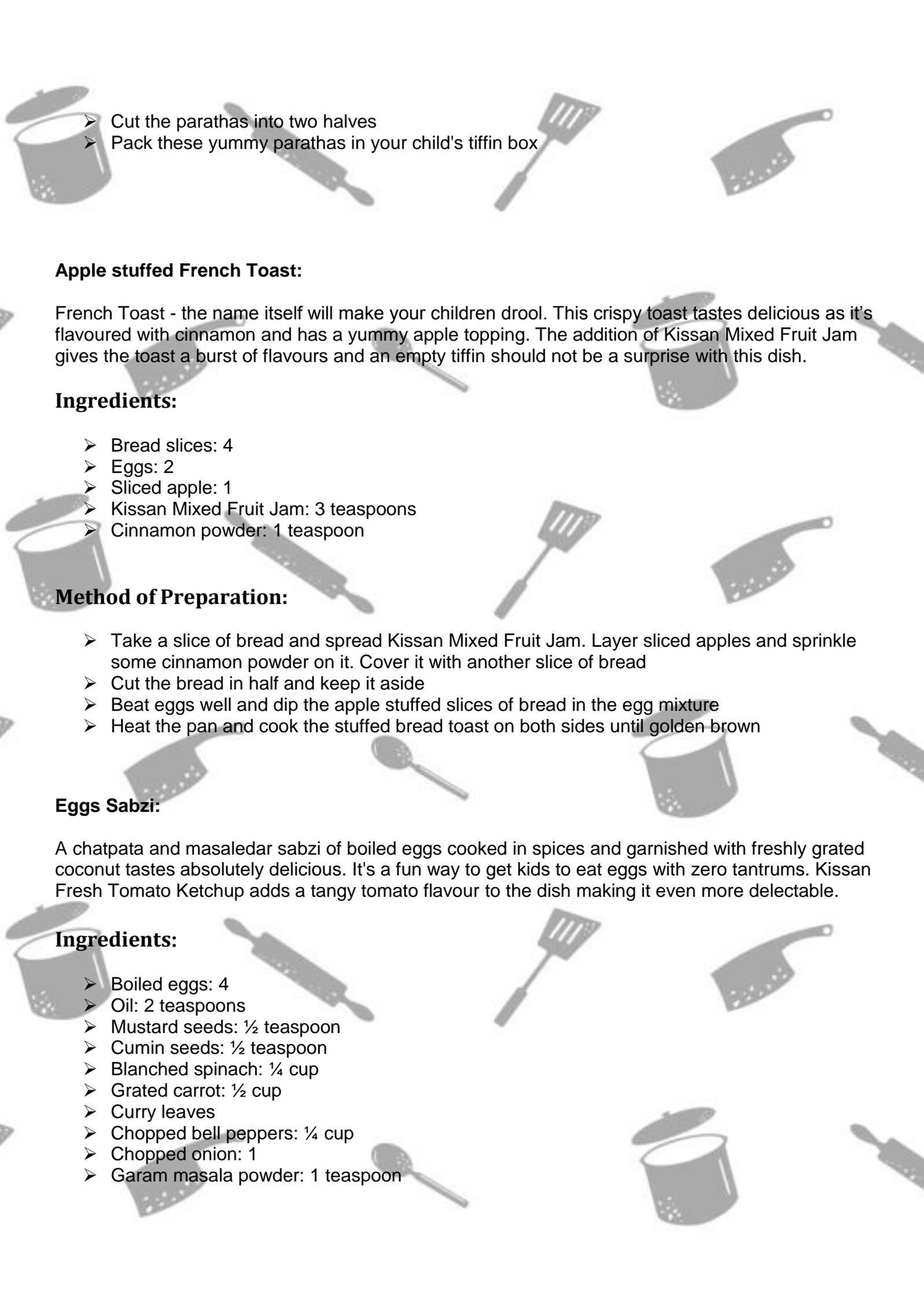
When your kids taste this paratha, they'll never know that it's actually made with sweet potato! This innovative Sweet Potato Paratha is a scrumptious treat that your kids will love and drool over. Kissan Fresh Tomato Ketchup will keep the paratha's nice and moist in the tiffin and turn lunchtime into fun time.

### **Ingredients:**

- Boiled and mashed sweet potatoes: 1 cup
- Chopped onions: 2 tablespoons
- Coriander powder: 1 teaspoon
- Cumin powder: 1 teaspoon
- Garam masala powder: ½ teaspoon
- Kashmiri red chili powder: 1 teaspoon
- Salt to taste
- Finely chopped coriander leaves: 2 tablespoons
- Kissan Fresh Tomato Ketchup: 2 tablespoons
- Wheat flour: 1.5 cup
- Water
- Oil: 2 tablespoons

### **Method of Preparation:**

- In a mixing bowl, add in mashed sweet potatoes, chopped onions, salt, powdered spices, coriander and Kissan Fresh Tomato Ketchup. Mix it well
- Meanwhile, make a dough using wheat flour, oil, salt and water
- Divide the dough into equal size balls
- Roll them into thick parathas
- Put the stuffing in the center of a paratha and gently place the second paratha on it
- Press and seal the edges of the parathas
- On a hot tava place the paratha. Cook both the sides evenly and brush some oil on it

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- Cut the parathas into two halves
  - Pack these yummy parathas in your child's tiffin box

### **Apple stuffed French Toast:**

French Toast - the name itself will make your children drool. This crispy toast tastes delicious as it's flavoured with cinnamon and has a yummy apple topping. The addition of Kissan Mixed Fruit Jam gives the toast a burst of flavours and an empty tiffin should not be a surprise with this dish.

### **Ingredients:**

- Bread slices: 4
- Eggs: 2
- Sliced apple: 1
- Kissan Mixed Fruit Jam: 3 teaspoons
- Cinnamon powder: 1 teaspoon

### **Method of Preparation:**

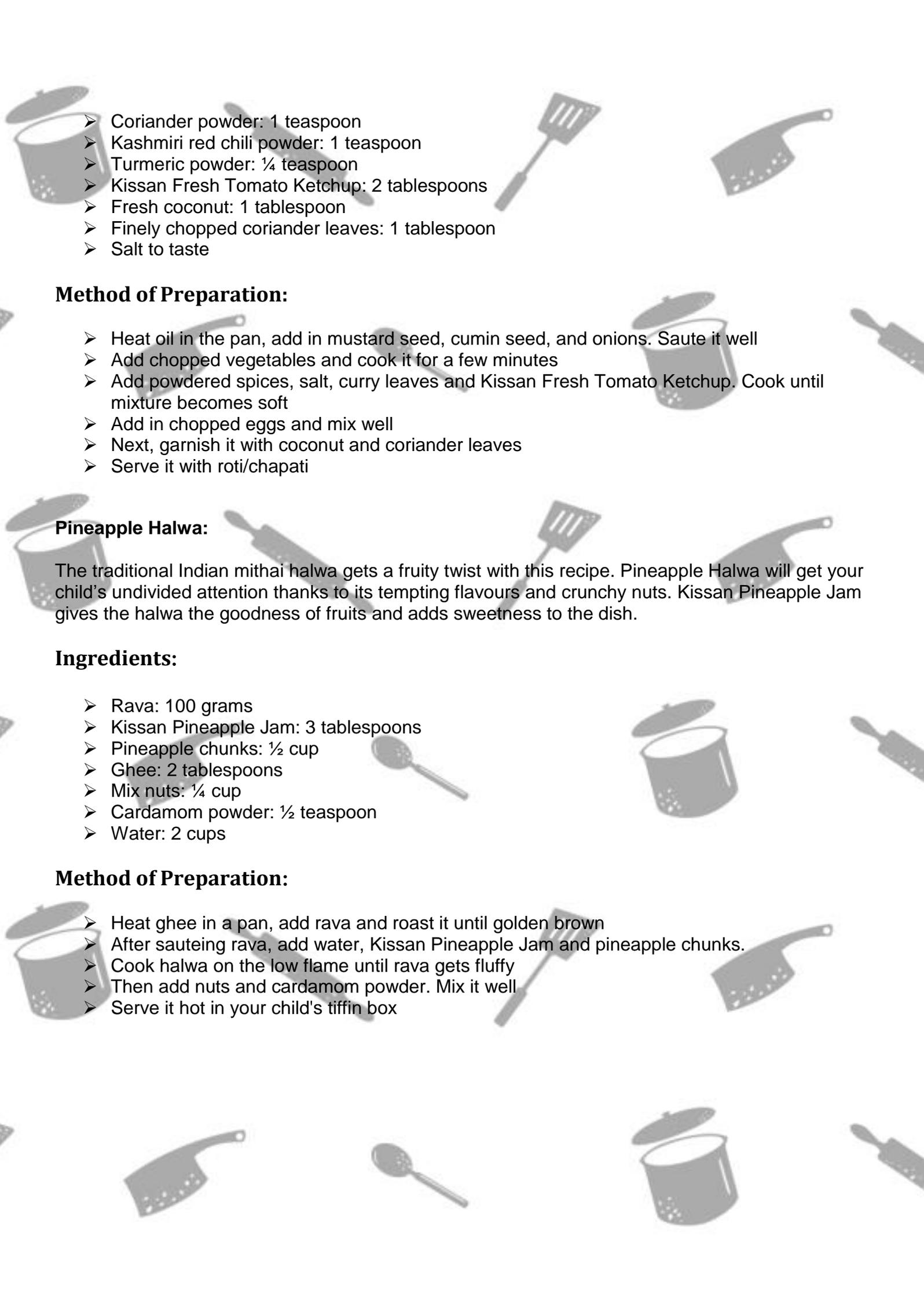
- Take a slice of bread and spread Kissan Mixed Fruit Jam. Layer sliced apples and sprinkle some cinnamon powder on it. Cover it with another slice of bread
- Cut the bread in half and keep it aside
- Beat eggs well and dip the apple stuffed slices of bread in the egg mixture
- Heat the pan and cook the stuffed bread toast on both sides until golden brown

### **Eggs Sabzi:**

A chatpata and masaledar sabzi of boiled eggs cooked in spices and garnished with freshly grated coconut tastes absolutely delicious. It's a fun way to get kids to eat eggs with zero tantrums. Kissan Fresh Tomato Ketchup adds a tangy tomato flavour to the dish making it even more delectable.

### **Ingredients:**

- Boiled eggs: 4
- Oil: 2 teaspoons
- Mustard seeds: ½ teaspoon
- Cumin seeds: ½ teaspoon
- Blanched spinach: ¼ cup
- Grated carrot: ½ cup
- Curry leaves
- Chopped bell peppers: ¼ cup
- Chopped onion: 1
- Garam masala powder: 1 teaspoon

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- Coriander powder: 1 teaspoon
  - Kashmiri red chili powder: 1 teaspoon
  - Turmeric powder: ¼ teaspoon
  - Kissan Fresh Tomato Ketchup: 2 tablespoons
  - Fresh coconut: 1 tablespoon
  - Finely chopped coriander leaves: 1 tablespoon
  - Salt to taste

### **Method of Preparation:**

- Heat oil in the pan, add in mustard seed, cumin seed, and onions. Saute it well
- Add chopped vegetables and cook it for a few minutes
- Add powdered spices, salt, curry leaves and Kissan Fresh Tomato Ketchup. Cook until mixture becomes soft
- Add in chopped eggs and mix well
- Next, garnish it with coconut and coriander leaves
- Serve it with roti/chapati

### **Pineapple Halwa:**

The traditional Indian mithai halwa gets a fruity twist with this recipe. Pineapple Halwa will get your child's undivided attention thanks to its tempting flavours and crunchy nuts. Kissan Pineapple Jam gives the halwa the goodness of fruits and adds sweetness to the dish.

### **Ingredients:**

- Rava: 100 grams
- Kissan Pineapple Jam: 3 tablespoons
- Pineapple chunks: ½ cup
- Ghee: 2 tablespoons
- Mix nuts: ¼ cup
- Cardamom powder: ½ teaspoon
- Water: 2 cups

### **Method of Preparation:**

- Heat ghee in a pan, add rava and roast it until golden brown
- After sauteing rava, add water, Kissan Pineapple Jam and pineapple chunks.
- Cook halwa on the low flame until rava gets fluffy
- Then add nuts and cardamom powder. Mix it well
- Serve it hot in your child's tiffin box