



TIFFIN TIMETABLE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pulled Bread Pizza	Schezwan Zucchini Pancakes	Manchurian Tofu With Corn Meal	Mexican Uttapam	Mexican Salsa Salad

Tiffin Expert: Pallavi Nigam

Manchurian Tofu With Cornmeal

Add a twist of Chinese cuisine to your kids tiffin box with our Manchurian Tofu Cornmeal recipe made with Kissan Manchurian Sauce. Put together this delicious blend of vegetables, tofu and cornmeal, bound by the delectable flavour added by Kissan Manchurian Sauce for an irresistible tiffin meal for your munchkin.

Ingredients:

- Oil: 1 tablespoon
- Bell peppers: ¼ cup
- Asparagus: ¼ cup
- Mushroom: ¼ cup
- Baby corn: ¼ cup
- Tofu: ¼ cup
- Kissan Manchurian Sauce: 2 tablespoons
- Cornmeal: ½ cup

Method of Preparation:

For the cornmeal:

- Add cornmeal to a pan along with water.
- Sprinkle the cornmeal with salt and pepper.
- Boil till ready.

For the manchurian tofu:

- In a heated pan, add oil, bell peppers, asparagus, mushroom and baby corn.
- Add Kissan Manchurian Sauce to the vegetables and sauté lightly.

- Add tofu in the pan and mix the ingredients well.
- Manchurian Tofu is ready to serve with cornmeal.

Tiffin Siders:

Unsalted cashew nuts and papaya (or any fruit of your choice)

