



| 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

### Mexican Salsa Salad

Salads and health go hand in hand, and today flavour joins the mix with our Mexican Salsa Salad tiffin recipe made with Kissan Mexican Salsa Sauce. Filled with vegetables like lettuce and bell peppers along with fibre rich rajma beans this salad is topped with a showering of Kissan Mexican Salsa Sauce for an authentic tangy flavour to make your salad irresistible to your little ones.

### Ingredients:

- Iceberg lettuce: 1 large leaf
- Rajma (boiled): ½ cup
- Bell peppers (roasted): ¼ cup
- Sweet corn (boiled): 3 tablespoons
- Spring onion: 1 tablespoon
- Spring onion greens: 2 tablespoons
- Poppy seeds: ½ cup
- Kissan Mexican Salsa: 2 tablespoons
- Salt and Pepper to taste

### Method of Preparation:

- Take a mixing bowl, in it add the lettuce, rajma, bell peppers, corn, spring onions and poppy seeds.
- Pour the Kissan Mexican Salsa into the mix and stir well.
- Salad is ready to serve.

### Tiffin Siders:

Nachos and watermelon (or any fruit of your choice)