



TIFFIN TIMETABLE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baked Lentil Nuggets	Soya Yakhni Pulao	Wheat Pasta in Pumpkin sauce	Honey Noodles	Oats Jam Bar

## Tiffin Expert: Pallavi Nigam

### Baked Lentil Nuggets

Health-conscious parents are always on the lookout for a tasty yet healthy snack to keep their child's junk food cravings at bay. Packed with a healthy serving of proteins and fiber, Baked Lentil Nuggets cooked in Kissan Fresh Tomato Ketchup are the perfect tiffin treat for your little ones. The tangy twist of Kissan Fresh Tomato Ketchup, doesn't let you compromise nutrition for flavour.

#### Ingredients:

- Dried red lentils: 150 grams
- Breadcrumbs: 2 tablespoons
- Grated carrot: 1 medium
- Grated zucchini: 1 small
- Peas and corn: 2 tablespoons
- Salt and pepper to taste
- Grated cheddar: 2 tablespoons (40 grams)
- Kissan Fresh Tomato Ketchup: 2 tablespoons
- Green chilli (optional): ½ teaspoon
- Kissan Fresh Tomato Ketchup: 1 tablespoon
- Coriander leaves: 1 tablespoon
- Oil: 2 tablespoons
- Salt to taste

### Method of Preparation:

- Drain soaked lentils
- Put all ingredients except cheese together in a blender and blend
- Transfer the mixture in a glass bowl
- Add Cheese and mix it well
- Shape the mixture into cakes
- Coat the cakes in breadcrumbs
- Place them in baking parchment
- Bake at 180 °C for 15 minutes
- Serve it into your kid's tiffin box
- Tiffin Sides
- Pomegranate (you can use whatever fruit you prefer) and bread

### Quick Soya Yakhni Pulao

Looking for a rich source of vegetable protein for your little one? Our Instant Soya Yakhni Pulao made with Kissan Sweet & Spicy Sauce is the perfect answer. It's packed with protein rich soya and paired with the contrasting flavour of Kissan Sweet & Spicy Sauce. That's why this tasty recipe is a guaranteed tiffin time hit.

### Ingredients:

- Sliced onions: 2
- Black big cardamom: 1
- Green cardamom: 2
- Black pepper: 1 teaspoon
- Cinnamon stick: 2
- Ginger-garlic paste: 1 teaspoon
- Curd: ½ cup
- Coriander powder: 1 tablespoon
- Garam masala: 1 tablespoon
- Soya beans chunks: 1 cup
- Kissan Sweet & Spicy Sauce: 2 tablespoons
- Salt to taste
- Red chilli powder: 1 teaspoon
- Baby Corn: ½ cup
- Green Peas: ½ cup
- Oil: 1 tablespoon
- Water as required

### Method of Preparation:

- Heat oil in a pan, add in the whole spices and stir fry it
- Add sliced onions and sprinkle salt to taste. Saute until onions turn translucent
- Add ginger garlic paste, powdered spices and stir fry it
- Add chopped veggies, soya beans and curd
- Flavour the veggies with Kissan Sweet & Spicy Sauce
- Add rice and salt to taste. Mix it well
- Add water and simmer till cooked
- Tiffin sides
- Cashew nuts and grapes (you can use whatever fruit you prefer)

### Wheat Pasta in Pumpkin Sauce

With kids, you can never go wrong with pasta. Our Pasta in Pumpkin Sauce and Kissan Fresh Tomato Ketchup recipe is not just a hit with kids but is also healthier with a base of vitamin A rich pumpkin. It lets your little ones enjoy the flavours of pasta enriched by Kissan Fresh Tomato Ketchup.

### Ingredients:

- Peeled and chopped pumpkin: 1 cup
- Chopped red pepper: ½ cup
- Kissan Fresh Tomato Ketchup: 2 tablespoons
- Garlic chopped: 1 teaspoon
- Chopped zucchini: 2 tablespoons
- Baby corn: 2 tablespoons
- Chopped carrots: 2 tablespoons
- Milk: ½ cup
- Oil: 2 tablespoons
- Cooked Pasta: 1 cup
- Salt and pepper to taste
- Basil and oregano for garnishing

### Method of Preparation:

- Heat oil in a pan, add garlic, zucchini, baby corn and carrots. Sprinkle salt to taste and toss it well
- Add pumpkin purée, milk and Kissan Fresh Tomato Ketchup. Simmer until cooked
- Add in cooked pasta, salt and pepper. Toss it well
- Garnish it with basil and oregano
- Tiffin sides:  
Kiwi (you can use whatever fruit you prefer) and dry fruits

## Whole Wheat Honey Noodles

An easy to make children's favourite, our WHOLE WHEAT Honey Noodles recipe made with Kissan Fresh Tomato Ketchup is a sure-fire way of getting back an empty tiffin at the end of the day. Rich with the goodness of mushrooms paired with noodles, topped with a sumptuous combo of sweet honey and tangy Kissan Fresh Tomato Ketchup, this creates an irresistible mix perfect for your little one's tiffin time meals.

### Ingredients:

- Ginger-garlic paste: 1 tablespoon
- Chopped spring onions (whites separated from greens): 3-4
- Cubed red bell peppers: 1
- Halved mushrooms: 5-6
- Oil: 1 tablespoon
- Tofu: 2 tablespoons

### For the dressing-

- Honey: 1 teaspoon
- Kissan Fresh Tomato Ketchup: 2 tablespoons
- Soy sauce: 1 teaspoon
- Sesame oil: 1 teaspoon
- Boiled noodles: 1 cup
- Salt and pepper to taste
- Chopped spring onions greens
- Red chilli powder: 1 teaspoon
- Baby Corn: ½ cup
- Green Peas: ½ cup
- Oil: 1 tablespoon
- Water as required

### Method of Preparation:

- Heat oil in a pan, add ginger garlic paste, sauté for 2 minutes
- Add white portions of spring onions, red bell pepper, tofu, mushrooms and sprinkle salt.
- Saute the veggies for a minute
- Add boiled noodles, drizzle the dressing, Kissan Fresh Tomato Ketchup, and garnish with spring onion. Toss it well
- Tiffin sides:  
Sprouts and Watermelon (you can use whatever fruit you prefer)

## Oatmeal Jam Bar

Nothing gets kids more excited than some delicious Oats Jam Bars. Our Oats Jam Bar Recipe is high on protein filled oats and high on flavour infused by Kissan Mixed Fruit Jam. Perfectly blending health and flavour, Kissan Mixed Fruit Jam binds oats and dry fruits together with its own sweet flavouring to create a delicious tiffin time delicacy.

### Ingredients:

- Oats (roasted): ½ cup
- Puffed rice: ½ cup
- Chopped dates: 50 grams
- Dry fruits (your choice, use any 3 types): ¼ cup
- Kissan Mixed Fruit Jam: 4 tablespoons

### Method of Preparation:

- Heat a pan, add in Kissan Mixed Fruit Jam and water to dilute, let it melt and start bubbling
- Meanwhile, add all the ingredients in the mixing bowl and combine it together
- Transfer the jam mixture into the bowl. Mix it well
- Take any greased mould and spread the mixture evenly. Keep aside and let it cool
- Cut into desire the pieces and pack it into tiffin box
- Tiffin Sides  
Papaya (you can use whatever fruit you prefer) and khakhra