

TIFFIN TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Potato Cheese balls in Tomato Tamarind Sauce	Hung-curd bread fritters	Crispy crumbled bread pancakes	Crepe	Jammy rice pudding

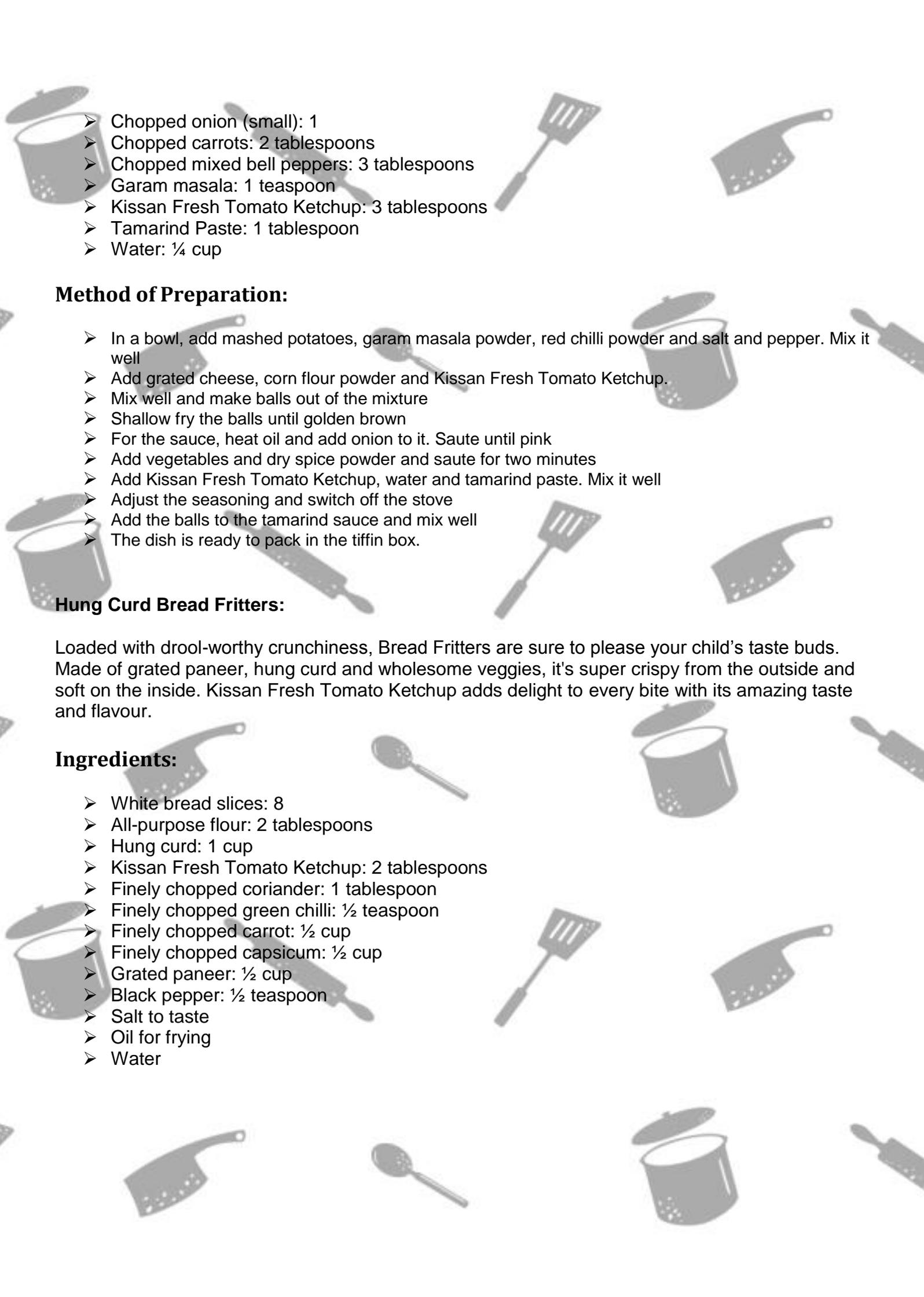
Tiffin Expert: Pallavi Nigam

Potato Cheese balls in Tomato Tamarind Sauce:

Every bite of these Potato Cheese Stuffed Balls, infused with tamarind sauce, delivers a rush of thrilling flavours for your little munchkin. Just mix in some Kissan Fresh Tomato Ketchup to create the perfect blend of ingredients and give your dish a tasty zing!

Ingredients:

- Ingredients for cheese balls
- Boiled & mashed potatoes: 2 - 3
- Garam masala: 1 teaspoon
- Red chilli powder: 1 teaspoon
- Kissan Fresh Tomato Ketchup: 1 tablespoon
- Grated cheese: ½ cup
- Corn flour: 1 teaspoon
- Salt & pepper to taste
- Oil to shallow fry
- Ingredients for Sauce

- 
- Chopped onion (small): 1
 - Chopped carrots: 2 tablespoons
 - Chopped mixed bell peppers: 3 tablespoons
 - Garam masala: 1 teaspoon
 - Kissan Fresh Tomato Ketchup: 3 tablespoons
 - Tamarind Paste: 1 tablespoon
 - Water: ¼ cup

Method of Preparation:

- In a bowl, add mashed potatoes, garam masala powder, red chilli powder and salt and pepper. Mix it well
- Add grated cheese, corn flour powder and Kissan Fresh Tomato Ketchup.
- Mix well and make balls out of the mixture
- Shallow fry the balls until golden brown
- For the sauce, heat oil and add onion to it. Saute until pink
- Add vegetables and dry spice powder and saute for two minutes
- Add Kissan Fresh Tomato Ketchup, water and tamarind paste. Mix it well
- Adjust the seasoning and switch off the stove
- Add the balls to the tamarind sauce and mix well
- The dish is ready to pack in the tiffin box.

Hung Curd Bread Fritters:

Loaded with drool-worthy crunchiness, Bread Fritters are sure to please your child's taste buds. Made of grated paneer, hung curd and wholesome veggies, it's super crispy from the outside and soft on the inside. Kissan Fresh Tomato Ketchup adds delight to every bite with its amazing taste and flavour.

Ingredients:

- White bread slices: 8
- All-purpose flour: 2 tablespoons
- Hung curd: 1 cup
- Kissan Fresh Tomato Ketchup: 2 tablespoons
- Finely chopped coriander: 1 tablespoon
- Finely chopped green chilli: ½ teaspoon
- Finely chopped carrot: ½ cup
- Finely chopped capsicum: ½ cup
- Grated paneer: ½ cup
- Black pepper: ½ teaspoon
- Salt to taste
- Oil for frying
- Water

Method of Preparation:

- Take the hung curd in a bowl. Add the paneer, all the vegetables, coriander, Kissan Fresh Tomato Ketchup, pepper and salt. Mix well
- Prepare a thin slurry of all-purpose flour mixed with water. Keep it aside
- Soak the bread in a little water so that it can get rolled. Now add 1 teaspoon of hung-curd mixture to this and then roll it over. Add the slurry on the edges to ensure that it does not open
- Now heat oil in a deep-frying pan. Fry the rolls till they get golden brown on all sides
- Your hung curd bread fritters are ready.

Crispy Crumbled Bread Pancakes:

These easy-to-make pancakes are fluffy, crispy and loaded with cheese. In short, they're sure to satisfy the hunger pangs of your children. Pour in Kissan Fresh Tomato Ketchup to give a lip smacking taste to the dish and make it easier for your child to gobble it all up!

Ingredients:

- Whole wheat bread: 4
- Eggs: 4
- Chopped mushroom: 2 tablespoons
- Grated carrots: 2 tablespoons
- Finely chopped bell peppers: 2 tablespoons
- Garam masala: 1 teaspoon
- Chopped parsley: 3 tablespoons
- Red chilli powder: ½ teaspoon
- Kissan Fresh Tomato Ketchup: 2 tablespoons
- Chopped spring onions: 1 tablespoon
- Finely chopped coriander: ½ teaspoon
- Grated cheese: ½ cup
- Salt & pepper to taste
- Oil for frying

Method of Preparation:

- Take bread slices and eggs, put them in a grinder and blend it together
- Take a mixing bowl, add egg mixture, vegetables, cheese, dry spices, coriander, parsley, salt & pepper to taste and Kissan Fresh Tomato Ketchup. Mix it well
- Heat about 2 tablespoons of oil in a pan at moderate heat. Add about 3 tablespoons of the batter mixture and flatten it out.
- Cook on each side for about 2 minutes each or until golden brown. Do the same for the rest of the batter.
- Your pancakes are ready to pack in the tiffin box

Crepe:

Surprise your fussy eaters with these mouth-watering, irresistible crepes. It's a truly delightful indulgence for your child. Kissan Mixed Fruit Jam enhances the sweetness of the dish and makes it a fun treat.

Ingredients:

- Ingredients for batter
- Millet flour: 100 grams
- Eggs: 2
- Melted butter: 2 tablespoons
- Milk: 250 ml
- Ingredients for filling
- Kissan Mixed Fruit Jam: 2 tablespoons
- Lemon juice: ½ tablespoon
- Cream cheese: 2 tablespoons
- Finely chopped strawberry: 2 tablespoons
- Finely chopped grapes: 1 tablespoon

Method of Preparation:

- To prepare the batter, put all the ingredients in a mixing bowl, then start adding milk while whisking
- To prepare the filling - In a bowl, add Kissan Mixed Fruit Jam, lemon juice, chopped fruits and cream cheese. Mix it well
- Heat a pan, add one ladle of batter and cook for around 2-3 minutes on each side
- Take it out on a plate, on one side spread the jam mixture and fold to close it
- Pack these fruit crepes in your child's tiffin box.

Jammy Rice Pudding:

Jammy Rice Pudding is an interesting and off-beat rice pudding, made with jam and crunchy nuts to satisfy the sweet cravings of your child while keeping the lunch break healthy. Kissan Mixed Fruit Jam adds a burst of fruity flavour to the dish making it an absolute treat for your little one.

Ingredients:

- Butter: 1 tablespoon
- Oil: 2 teaspoons
- Rice (washed): 1 cup
- Kissan Mixed Fruit Jam: 3-4 tablespoons
- Milk: ½ litre
- Finely chopped mixed nuts: 2 tablespoons

Method of Preparation:

- Heat butter and oil in a saucepan

- 
- Add rice and roast it for 2-3 minutes
 - Add milk and let it simmer till the rice is cooked
 - After the rice is cooked, add Kissan Mixed Fruit Jam and nuts. Mix it well and let it cook for a few minutes until the pudding thickens
 - Your jammy rice pudding is ready to pack in the tiffin box.