

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

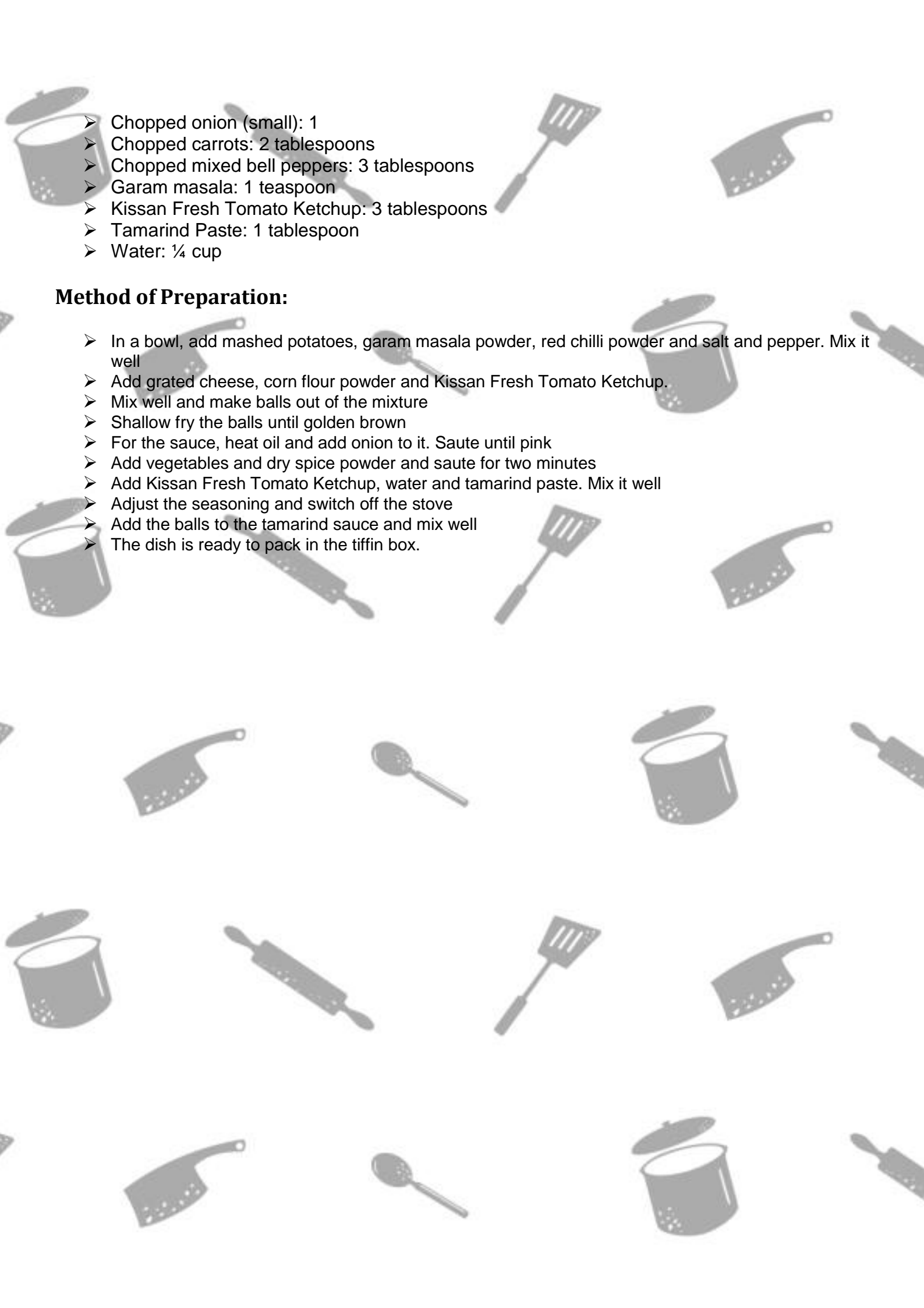
Tiffin Expert: Pallavi Nigam

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

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- 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.