



TIFFIN TIMETABLE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cucumber Pancakes	Broccoli & Tofu Whole Wheat Pasta	Jowar Empanadas	Schezwan Oats Crackers	Doodhi Muthia

Tiffin Expert: Rashmi Naik

Jowar Empanadas

Create a healthy indo-mexican fusion fit your child's tiffin box called Jowar Empanadas made with Kissan Mexican Salsa Sauce. Infuse the dish with the micronutrients of jowar combined with the authentic jalapeño tang added by Kissan Mexican Salsa Sauce for a delectable empanada filling.

Ingredients:

For the casing:

- Jowar (sorghum millet): ½ cup
- Whole wheat flour: ½ cup
- Salt to taste

For the filling:

- Oil: 2 tablespoons
- Onions (chopped): ¼ cup
- Paneer: ¼ cup
- Zucchini (chopped): ¼ cup
- Asparagus (finely chopped): ¼ cup
- Baby corn: ¼ cup
- Kissan Mexican Salsa Sauce: 2 tablespoons

Method of Preparation:

For the casing:

- In a mixing bowl add jowar and whole wheat flour.
- Add salt to the mixture.
- Add water as required and knead the dough till a semi-thick consistency is achieved.

For the filling:

- Preheat some oil in a pan.
- Add onions, paneer, zucchini, asparagus and baby corn to the pan.
- Season the ingredients with salt.
- Sauté for 8-10 minutes.
- Transfer the ingredients to a bowl.
- Add Kissan Mexican Salsa Sauce to the bowl and mix well.

Assembling the empanada:

- Roll the casing dough into a circle.
- Add the filling in the center of the dough.
- Roll the casing ends over, sealing the edges with a fork.
- Shallow fry the empanadas until golden brown.
- Jowar empanadas are ready to serve along with the tiffin siders.

Tiffin Siders:

Sprouts and dried figs (or any fruit of your choice)