



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

### Broccoli and Tofu Whole Wheat Pasta

Give your kids an Italian tiffin treat with Broccoli and Tofu Whole Wheat Pasta made with Kissan Pizza & Pasta Sauce. Broccoli and Tofu combine to form a healthy serving of protein and vitamin C which blends with Kissan Pizza & Pasta Sauce for a healthy and delicious pasta with an authentic Italian flavour no kid can resist.

#### Ingredients:

- Oil: 2 tablespoons
- Onion (finely chopped): ¼ cup
- Broccoli (blanched): ¼ cup
- Tofu: ¼ cup
- Kissan Pizza & Pasta Sauce: 2 tablespoons
- Whole wheat fusilli pasta: 1 cup
- Salt to taste
- Parsley (chopped): 1 tablespoon

#### Method of Preparation:

- Heat oil in a pan, add onions, broccoli, and tofu. Saute it well.
- Now add Kissan Pizza & Pasta Sauce and give it a quick mix.
- Season it with salt and garnish it with parsley.

#### Tiffin Siders:

Cashew nuts and pineapple (or any other fruit as per your choice).