



TIFFIN TIMETABLE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Paneer Bhurji Roll	Chicken Stir Fry	Vermicelli Upma	Baked Potato Wedges	Jam Muffin

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Vermicelli Upma:

Vermicelli Upma is a popular breakfast recipe all over India and kids absolutely love it! Especially when you add in some vegetables along with Kissan Fresh Tomato Ketchup. Serve this Sevai Upma recipe in your child's next tiffin.

Ingredients:

1. Thin vermicelli: 2 cups.
2. Oil: 1-1.5 tbsp.
3. Mustard seeds: 1 tsp.
4. Cumin seeds: 1tsp.
5. Urad dal: 1 tbsp.
6. Green chillies: 2, split lengthwise.
7. Curry leaves: 6-8.
8. Onion: 1, sliced.
9. French beans: 1/2 cup, chopped.
10. Carrots chopped: 1/2 cup.
11. Fresh peas: 1/2 cup.
12. Kissan tomato ketchup: 2 tbsp.
13. Turmeric powder: 1/2 tsp.
14. Roasted peanuts: 2 tbsp
15. Salt to taste.

Method of Preparation:

1. Heat a wok or a kadai and roast the vermicelli for 3-4 minutes until slightly golden. Transfer to a plate and keep aside.

2. Heat oil in the same kadai and add urad dal, mustard and cumin seeds. Let them crackle for a minute and add the chillies and curry leaves. Saute for 1-2 minutes and add the onions. Mix well.
3. Add turmeric powder and salt and saute for 1-2 minutes. Then add the vegetables and stir well. Allow them to cook for 3-4 minutes.
4. Add the tomato ketchup and 2 1/2 cups of water and bring to a rolling boil. Add the vermicelli and mix well. Cover the kadai with a lid and let it cook for 5-6 minutes or until the vermicelli is cooked and the water has dried up.
5. Check seasoning and finish with roasted peanuts on top.

