VEGETARIAN TIFFIN BOOK



WHAT'S IN THE TIFFIN TODAY?

20 vegetarian recipes for children and adults

A delicious answer to the daily lunchbox question







By Bharti Kucheria

ABOUT THIS BOOK

About the author

Bharti Kucheria is the author of this book. She has brought together vegetarian dishes suited to the preferences of children and adults to help answer the everyday question of what to pack for lunch. The simple methods and two-week plan make this collection practical for daily use.

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What's in the Tiffin Today?

20 vegetarian recipes • A two-week lunchbox plan

FRESH TIFFIN IDEAS EVERY MORNING

The question every morning is often the same: what should go in the tiffin today? This book is designed to make that everyday decision easier. It offers 20 simple vegetarian dishes chosen with children’s preferences and adults’ needs in mind.

Every recipe gives ingredients, a method, an estimated time and a packing tip. Quantities use ordinary kitchen measures; adjust salt and spices to suit your family’s taste.

The photographs illustrate how the dishes may be presented. Some pictured accompaniments or garnishes may differ from the ingredient lists.

FOUR EASY TIFFIN RULES

- Cool hot food before closing a regular lunchbox.
- Keep Yogurt, Chutney and cut Salad separate and chilled.
- Add seasonal Fruit and a Water bottle.
- Do not leave perishable food at room temperature for long.

A TWO-WEEK TIFFIN PLAN

DAY	FOR CHILDREN	FOR ADULTS
Mon 1	Vegetable Poha	Crunchy Chickpea Salad
Tue 1	Paneer Vegetable Wrap	Mixed Vegetable Pulao
Wed 1	Mini Idlis	Millet and Moong Khichdi
Thu 1	Spinach and Corn Sandwich	Besan Chilla Rolls
Fri 1	Vegetable Pasta	Lemon Rice
Mon 2	Semolina Vegetable Muffins	Rajma with Brown Rice
Tue 2	Vegetable Upma	Tofu Bell Pepper with Roti
Wed 2	Oats Vegetable Chilla	Methi Thepla with Potatoes
Thu 2	Sweet Potato Chickpea Patties	Potato and Pea Paratha
Fri 2	Baked Vegetable Cutlets	Curd Rice

* Times exclude soaking, cooking Rice or preparing Batter in advance.

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01 Vegetable Poha

Children & adults • 20 min • 2 lunchboxes



INGREDIENTS

1 cup Poha; 1 small Onion; ¼ cup Carrot; ¼ cup Peas; 2 tbsp Peanuts; ½ tsp Mustard Seeds; ¼ tsp Turmeric; 1 tsp Lemon Juice; Oil and Salt as needed.

METHOD

1. Rinse the Poha briefly in a sieve and leave it to soften for 5 minutes.
2. In Oil, fry the Mustard Seeds, Peanuts and Onion. Add the Carrot and Peas and cook.
3. Stir in the Turmeric, Salt and Poha; cover for 2 minutes. Add Lemon Juice once cooled.

TIFFIN TIP: Pack Lemon separately. Let the Poha cool completely before closing the box.

02 Paneer Vegetable Wrap

Children & adults • 25 min • 2 wraps



INGREDIENTS

2 Whole-wheat Rotis; 100 g Paneer; ½ Bell Pepper; ¼ cup Carrot; ½ Tomato; ¼ tsp Cumin Seeds; Turmeric and Salt to taste; 1 tsp Oil.

METHOD

1. Cut the Paneer and Vegetables into small pieces.
2. In Oil, sauté the Cumin Seeds, Vegetables and Spices for 4–5 minutes; add the Paneer.
3. Spread the mixture over the Rotis, roll tightly and cut each wrap in half.

TIFFIN TIP: Serve thick Chutney in a separate small container instead of a runny one.

03 Spinach and Corn Sandwich

A children’s favourite • 20 min • 2 sandwiches



INGREDIENTS

4 Bread Slices; ½ cup boiled Sweet Corn; ½ cup finely chopped Spinach; ¼ cup grated Paneer; ¼ tsp Black Pepper; 1 tsp Butter; Salt to taste.

METHOD

1. Cook the Spinach in a dry pan for 2 minutes to evaporate excess water.
2. Combine the Corn, Paneer, Spinach and Seasonings.
3. Fill the Bread, spread a little Butter on the outside and toast both sides until golden.

TIFFIN TIP: Cool completely and wrap in parchment paper so the Bread does not become soggy.

04 Mini Idlis with Chutney

A children’s favourite • 25 min* • 2 lunchboxes



INGREDIENTS

1½ cups Idli Batter; ¼ cup Carrot; ½ tsp Mustard Seeds; 6 Curry Leaves; 1 tsp Oil; ½ cup Coconut Chutney.

METHOD

1. Mix finely chopped Carrot into the Batter and fill mini Idli moulds.
2. Steam for 10–12 minutes and allow to cool.
3. Temper the Mustard Seeds and Curry Leaves in Oil, then lightly toss the Idlis.

TIFFIN TIP: Pack Chutney in a separate sealed container; eat promptly in hot weather.

05 Mixed Vegetable Pulao

For children & adults • 30 min • 2 lunchboxes



INGREDIENTS

1 cup Basmati Rice; ¼ cup Peas; ¼ cup Carrot; ¼ cup Beans; ½ tsp Cumin Seeds; 1 Bay Leaf; 1¾ cups Water; 1 tsp Ghee; Salt to taste.

METHOD

1. Rinse and soak the Rice for 15 minutes; chop the Vegetables.
2. Fry the Cumin Seeds and Bay Leaf in Ghee; add the Vegetables and Rice.
3. Add Water and Salt; cover and cook until the Rice is tender. Fluff with a fork.

TIFFIN TIP: Include Raita only when you can keep it chilled until lunchtime.

06 Besan Chilla Rolls

A protein option • 20 min • 3 small rolls



INGREDIENTS

1 cup Besan (Chickpea Flour); 2 tbsp Yogurt; ¼ cup finely chopped Carrot; ¼ cup Bell Pepper; ¼ tsp Carom Seeds; about ¾ cup Water; Oil and Salt as needed.

METHOD

1. Whisk the Besan, Yogurt, Water and Salt into a smooth batter; add the Vegetables.
2. Cook thin Chillas on a lightly oiled pan on both sides.
3. Cool slightly, roll tightly and cut into small pieces.

TIFFIN TIP: Use a small food pick or parchment paper to keep the rolls closed.

07 Potato and Pea Paratha

A filling option • 30 min • 2 parathas



INGREDIENTS

1 cup Whole-wheat Flour; 1 boiled Potato; ¼ cup boiled Peas; 2 tbsp Cilantro; ¼ tsp Cumin Seeds; 2 tsp Oil or Ghee; Salt to taste.

METHOD

1. Knead the Flour with Water into a soft dough.
2. Mix the Potato, Peas, Cilantro, Cumin and Salt into a dry filling.
3. Stuff dough balls with the filling; roll out and cook each Paratha on both sides over medium heat.

TIFFIN TIP: Cool the Parathas and wrap in paper. Pack Pickle separately.

08 Lemon Rice

Quick to prepare • 20 min* • 2 lunchboxes



INGREDIENTS

2 cups cooked, cooled Rice; 1½ tbsp Lemon Juice; 2 tbsp Peanuts; ½ tsp Mustard Seeds; 8 Curry Leaves; ¼ tsp Turmeric; 1 tbsp Oil; Salt to taste.

METHOD

1. Fry the Peanuts in Oil until crisp; temper the Mustard Seeds and Curry Leaves.
2. Stir in the Turmeric and gently toss in the Rice without breaking the grains.
3. Turn off the heat and mix in the Lemon Juice and Salt.

TIFFIN TIP: Use leftover Rice only if stored properly; do not leave cooked food out for long.

09 Vegetable Pasta

A children’s favourite • 25 min • 2 lunchboxes



INGREDIENTS

1 cup dry Pasta; ½ cup Broccoli; ½ Bell Pepper; ½ cup Tomato Purée; 1 Garlic Clove; 1 tsp Olive Oil; Mixed Herbs and Salt to taste.

METHOD

1. Boil the Pasta according to the package directions and drain.
2. Cook the Garlic and Vegetables in Oil; simmer the Purée until thick.
3. Add the Pasta and Herbs and toss until evenly coated with Sauce.

TIFFIN TIP: Keep the Sauce thick and let the Pasta cool before packing.

10 Millet and Moong Khichdi

Light and nourishing • 30 min* • 2 lunchboxes



INGREDIENTS

½ cup soaked Pearl Millet; ½ cup split Yellow Moong Dal; ¼ cup Carrot; ¼ cup Peas; ½ tsp Cumin Seeds; ¼ tsp Turmeric; 3 cups Water; 1 tsp Ghee; Salt to taste.

METHOD

1. Rinse the Pearl Millet thoroughly and soak for at least 3 hours.
2. Combine Ghee, Cumin, Vegetables, Millet and Dal in a pressure cooker.
3. Add Water, Turmeric and Salt; cook until soft, keeping the mixture slightly thick.

TIFFIN TIP: Fill a thermal container while hot; for a regular box, cool thoroughly first.

11 Crunchy Chickpea Salad

For adults • 15 min* • 2 lunchboxes



INGREDIENTS

1 cup boiled Chickpeas; ½ Cucumber; 1 Tomato; ½ Bell Pepper; ½ tsp Roasted Cumin; 1 tbsp Lemon Juice; Salt to taste.

METHOD

1. Drain the Chickpeas thoroughly and finely chop the Vegetables.
2. Combine the Chickpeas, Vegetables and Roasted Cumin.
3. Keep the Lemon Juice and Salt separate to add just before eating.

TIFFIN TIP: Keep the fresh Salad chilled and eat promptly. Cut ingredients into age-appropriate pieces for children.

12 Baked Vegetable Cutlets

Snack lunchbox • 30 min • 6 small cutlets



INGREDIENTS

1 boiled Potato; ¼ cup Peas; ¼ cup Carrot; ¼ cup Breadcrumbs; ½ tsp Ginger; ¼ tsp Garam Masala; 1 tsp Oil; Salt to taste.

METHOD

1. Mash the Potato and Vegetables; mix in the Spices and half the Breadcrumbs.
2. Shape small Cutlets, coat with the remaining Breadcrumbs and brush with Oil.
3. Bake in a preheated 200°C oven for 15–20 minutes, turning until golden.

TIFFIN TIP: Cool the Cutlets before packing; add Cucumber pieces or Fruit.

13 Vegetable Upma

Quick to prepare • 20 min • 2 lunchboxes



INGREDIENTS

1 cup Semolina; 1 small Onion; ¼ cup Carrot; ¼ cup Peas; 1 tbsp Cashews; ½ tsp Mustard Seeds; 2½ cups Water; 1 tbsp Oil; Salt to taste.

METHOD

1. Dry-roast the Semolina over low heat until lightly golden and fragrant.
2. Fry the Mustard Seeds, Cashews and Onion in Oil; cook the Vegetables for 3 minutes.
3. Bring the Water and Salt to a boil; gradually stir in the Semolina, cover and cook.

TIFFIN TIP: Keep the Upma slightly soft; allow steam to escape before closing the box.

14 Methi Thepla with Potatoes

Also good for travel • 30 min • 4 theplas



INGREDIENTS

1 cup Whole-wheat Flour; ½ cup chopped Fenugreek Leaves; 2 tbsp Yogurt; ¼ tsp Turmeric; 2 tsp Oil; 2 boiled Potatoes; ½ tsp Cumin Seeds; Salt to taste.

METHOD

1. Knead the Flour, Fenugreek Leaves, Yogurt, Turmeric and Salt into a soft dough.
2. Roll thin Theplas and cook on both sides with a little Oil.
3. Temper the Cumin Seeds; add Potatoes, Salt and Turmeric and cook until dry.

TIFFIN TIP: Keep the Potato mixture completely dry and wrap the Theplas separately.

15 Sweet Potato Chickpea Patties

An energising option • 30 min • 6 small patties



INGREDIENTS

1 cup boiled Sweet Potato; ½ cup boiled Chickpeas; 2 tbsp finely chopped Onion; 2 tbsp Cilantro; 2 tbsp Rice Flour; ½ tsp Cumin Seeds; 2 tsp Oil; Salt to taste.

METHOD

1. Mash the Sweet Potato and Chickpeas; mix in the Onion, Cilantro, Flour and Seasonings.
2. Shape into small Patties and refrigerate for 5 minutes.
3. Cook in a pan with a little Oil until golden on both sides and hot in the centre.

TIFFIN TIP: Pack runny Chutney separately; include Fruit or chopped Vegetables.

16 Curd Rice

A chilled lunchbox • 15 min* • 2 lunchboxes



INGREDIENTS

1½ cups freshly cooked and cooled Rice; 1 cup Plain Yogurt; 2 tbsp Milk; ½ tsp Mustard Seeds; 5 Curry Leaves; 2 tbsp Pomegranate Seeds; 1 tsp Oil; Salt to taste.

METHOD

1. Mix the completely cooled Rice with the Yogurt, Milk and Salt.
2. Temper the Mustard Seeds and Curry Leaves in Oil; cool and mix into the Rice.
3. Top with Pomegranate Seeds and refrigerate immediately.

TIFFIN TIP: Send only in an insulated lunchbox with an ice pack; do not leave unrefrigerated in hot weather.

17 Oats Vegetable Chilla

A fibre option • 20 min • 4 small chillas



INGREDIENTS

1 cup ground Oats; ¼ cup Yogurt; ¼ cup Carrot; ¼ cup Onion; 2 tbsp Cilantro; about ¾ cup Water; 2 tsp Oil; Salt to taste.

METHOD

1. Mix the Oats, Yogurt and Water and leave for 10 minutes.
2. Add the chopped Vegetables and Salt; add Water if needed for a spreadable batter.
3. Spread small Chillas in a pan and cook thoroughly on both sides.

TIFFIN TIP: Separate each Chilla with parchment paper; pack thick Chutney separately.

18 Rajma with Brown Rice

A filling adult meal • 40 min* • 2 lunchboxes



INGREDIENTS

1 cup boiled Kidney Beans; 2 cups cooked Brown Rice; 1 small Onion; ½ cup Tomato Purée; ½ tsp Ginger; ½ tsp Cumin Seeds; 1 tsp Oil; Salt to taste.

METHOD

1. Pressure-cook the soaked Kidney Beans until completely tender.
2. Fry the Cumin Seeds, Onion, Ginger and Purée in Oil; add the Beans and cook until thick.
3. Fluff the cooked Brown Rice and pack it in a separate compartment alongside the Rajma.

TIFFIN TIP: Keep the Rajma gravy thick and cool the meal before packing.

19 Semolina Vegetable Muffins

A children’s favourite • 30 min • 6 small muffins



INGREDIENTS

¾ cup Semolina; ½ cup Yogurt; ¼ cup Carrot; ¼ cup Peas; ¼ cup Water; 1 tsp Oil; ½ tsp Fruit Salt (Eno); Salt to taste.

METHOD

1. Mix the Semolina, Yogurt, Water and Salt; rest for 10 minutes, then add the Vegetables.
2. Preheat the oven to 180°C and lightly grease small Muffin moulds.
3. Stir in the Fruit Salt, fill the moulds immediately and bake for 18–22 minutes until cooked.

TIFFIN TIP: Pack only after the Muffins have cooled completely; add Fruit.

20 Tofu Bell Pepper with Roti

For adults • 25 min • 2 lunchboxes



INGREDIENTS

150 g Tofu; 1 Bell Pepper; ½ Onion; 2 Whole-wheat Rotis; 2 tbsp Tomato Purée; ½ tsp Cumin Seeds; 1 tsp Oil; Salt and Spices to taste.

METHOD

1. Press the Tofu to remove Water and cut it into small pieces.
2. Fry the Cumin Seeds, Onion and Bell Pepper in Oil; add Purée and Spices.
3. Add the Tofu and cook for 4 minutes. Pack the dry mixture separately with Rotis.

TIFFIN TIP: Cook the Tofu thoroughly; arrange to keep the lunchbox cool in hot weather.

Veg Kitchen

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