

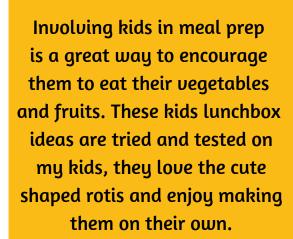
Lids Lynchbox Ideas



MONDAY

Alphabet Roti

TUESDAY



102057

Mini Puri, Chana Masala and Blueberries



Paneer Tikka Wraps

THURSDAY



FRIDAY

Nutella Sandwich with veggie and fruit hearts









ALPHABET ROTI



INGREDIENTS

- 1 cup Whole wheat flour
- 1/4 cup almond flour (Optional)
- 1 tablespoon Flax meal
- 1/4 teaspoon Salt
- 1/3 cup water
- · Ajwain or any spices you like
- · Oil for rotis

PREP TIME: 15 MIN COOK TIME: 5 MINS TOTAL TIME: 20 MIN

DIRECTIONS

- Mix all the ingredients except the oil into a soft but firm dough. Apply a thin coat of oil and cover with a towel. Let the dough rest for 10 min.
- Knead the dough for a few minutes with your knuckles, applying little pressure with the palm of your hand.
- Divide the dough into small portions and roll each portion into a smooth ball with no cracks.
- Dust your working surface and the dough ball lightly with dry flour and start rolling.
- · Add more dry flour if needed and roll the ball into thin circular roti with a rolling pin.
- Take any letter shaped cookie cutter you like and cut the roti into cute alphabet shapes.
- · Heat the tawa or griddle on medium-high heat and when the tawa is hot, place it on hot tawa.
- Let the roti cook on each side for 15-20 seconds before flipping. You can apply oil and let it cook on both sides till brown spots appear. Serve it with your favorite curry or side.

MINI PURI WITH CHANA MASALA AND BLUEBERRIES



PREP TIME: 15 MIN COOK TIME: 15 MINS TOTAL TIME: 30 MIN

INGREDIENTS

- 1 cup Whole Wheat Flour / Atta
- 1 teaspoon Semolina / Sooji
- 1/4 teaspoon Salt
- 1/4 cup Water
- 1 tablespoon Oil
- Oil for Deep Frying (About 2 cups)

Ingredients for Chana masala with kale

- · 2 cups dry Chickpeas
- 2 tablespoons Avocado oil
- 1 tablespoon cumin seeds
- 1 bay leaf
- 1 large onion roughly chopped
- 1/2 teaspoon Turmeric powder
- 5 Thai Green chili
- 1 tablespoon Ginger-garlic paste (or 1 inch ginger and 2 cloves of garlic coarsely ground)

Chana Masala and puri

dough can be prepared a

day before and heated up

in the morning for the

lunchbox.

- 3 tomatoes roughly diced
- 1/2 teaspoon Homemade Garam masala / Store-bought masala link shown below
- 1 teaspoon Red Chili Powder or to taste
- · Salt to taste
- 2 tablespoon Chole Masala powder
- 2 cups roughly chopped Kale
- 3 cups water
- Cilantro or Coriander leaves for garnish

DIRECTIONS

- Take wheat flour and Semolina in a large mixing bowl. Add salt and mix it all together.
- · Add little water at a time and start mixing the flour, make into a tight and firm dough.
- Add a teaspoon of oil to coat the dough and let it rest for 5-10 minutes while you preheat your oil.
- Use a deep wok or pot to heat up the oil. Add oil enough for deep frying.
- Knead the dough with your palm and fingers till its soft. Divide the dough into small portions and roll the portions of dough into small balls.
- Take a dough ball, dust it lightly with flour and start rolling into a flat circle using a rolling pin.
- Take a small round (or any shape you like) cookie cutter and cut the puri into cute shapes.
- · When the oil is hot, turn the heat to medium.
- Gently drop the puris into oil and press them with a slotted heat-proof spoon. Once they puff up, flip them and fry them on the other side for a few seconds.
- Remove with a slotted spoon and drain on paper towels.

Chana Masala with Kale:

- Soak the chickpeas for 6-8 hours or overnight. Rinse and drain the water from chickpeas.
- In your Instant pot insert, turn on sauté mode on high, add oil and when its hot, add cumin seeds and bay leaf.
- When the cumin seeds splutter, add chopped onions, green chilies, salt and turmeric and sauté till the onions are light brown.
- Add Ginger garlic paste and sauté for 1 minute. Add chopped tomatoes and sauté till they are soft.
- Add Chole Masala powder, Red chili powder, Garam masala and cook till oil starts to ooze out for about 5 minutes.
- Add chickpeas, chopped kale and 3 cups water and stir well.
- Turn off Sauté mode and close the lid. Turn on Pressure cook/Manual mode, set the timer for 20 minutes and vent in sealing.
- When the timer is done, let the pressure release naturally(NPR) and gently mash the chickpeas with a potato masher.
- Turn on the sauté mode on medium, add cilantro and let the curry thicken for 10 minutes.

PANEER TIKKA WRAPS



INGREDIENTS

Ingredients for Tofu Tikka

- 1 pound paneer, cubed
- 1/2 cup Greek yogurt
- 1 bell pepper diced into chunks
- 1/2 cup onion, layers separated and cut into chunks
- juice of half Lemon
- 2 teaspoons Red chili powder or to taste
- 1/4 teaspoon Turmeric
- Salt to taste
- 1 teaspoon Ginger garlic paste
- 1/2 teaspoon Garam masala
- Avocado oil spray

Ingredients for Green Chutney

- 1/4 cup mint leaves
- 1/2 cup cilantro
- 8-10 cashews
- Salt to taste
- · 1 green chili or to taste
- juice of half lemon

Ingredients for Paneer Tikka Wrap

- 3 Whole wheat Tortillas or roti
- Sliced onions, peppers, red cabbage (any vegetables you like)

PREP TIME: 45 MIN COOK TIME: 15 MINS TOTAL TIME: 1 HR

DIRECTIONS

Making the Paneer Tikka:

- Mix all the ingredients under the "Ingredients for paneer tikka" section and let it marinate for 15-30 minutes.
- In the meantime, soak the skewers so they don't burn. Skewer paneer, onions and peppers in a colorful pattern and set them on aluminum foil lined baking sheet.
- Preheat the oven to 400 °F, spray the paneer skewers with Avocado oil spray and bake them for 10-15 minutes, Turn them over at the 8 minute mark.
- Optional Step: Switch off the bake mode and turn on the broil mode. Broil the skewers for 3-5 minutes until you get the charred look.

Making the Green Chutney:

• Grind all the Ingredients under "Ingredients for Green Chutney" section into a smooth paste. Add water if needed.

Making the Paneer Tikka Wrap:

- Heat up the tortilla or roti on a hot griddle for 30 seconds on each side.
- Remove from heat and apply green chutney dip on the tortilla on one side.
- Place the paneer tikka in the center of the tortilla and add any sliced vegetables you like. Fold the wrap and roll the wrap in wax paper to hold in place.

MINI CARROT IDLI & PUMPKIN SEED CHUTNEY



SOAKING TIME: 6 HRS FERMENTING TIME: 10 HRS COOK TIME: 15 MIN

DIRECTIONS

- Soak the Urad dal and Idli rava for 4-6 hours. Poha is soaked only for an hour.
- Wash and rinse both the urad dal and Idli rava. Squeeze the water out of Idli rava by pressing a handful of rava between your hands.
- Add squeezed rava to your Instant pot insert.
- Add Urad dal to your blender and grind into fine paste on low speed. Don't grind the batter on high speed, grinding on low speed aerates it.
- Grind soaked poha too and add it to the instant pot. Mix it all together with clean hands for 2 minutes.
- After mixing the batter well, place the instant pot insert in your instant pot and cover it with a lid that fits the pot tightly.
- Set it on yogurt mode for 8-10 hours.

Steaming the idli in Instant pot:

- Add grated carrot to the fermented idli batter and mix thoroughly.
- Apply oil to the mini Idli plate and fill them with Fermented idli batter.
- Add 1/2 cup water to the Instant pot Insert and place a trivet. Place the idli molds on the trivet.
- Close the lid, set Steam mode for 3 minutes, Vent in venting position.

Pumpkin seed chutney

- · Add a tablespoon of oil to a hot pan and add slit green chilies and curry leaves and fry them together for 1 minute. Keep stirring so they don't burn.
- Add pumpkin seeds and fry them till they are nicely roasted. Skip this step if you using roasted pumpkin seeds.
- Once the pumpkin seeds and chilies are nicely roasted and light brown, turn off the heat and let them cool down.
- Add roasted pumpkin seeds, green chilies, curry leaves to a blender.
- Add garlic, cumin seeds, salt, tamarind and the remaining cup of water. Grind into a coarse paste.

Tempering the chutney/Tadka:

- In the small sauté pan, add a tablespoon of oil and when its hot, add split urad dal, mustard seeds, cumin seeds, curry leaves and dried red chilies.
- Add this hot tadka or tempering to the chutney and mix it well.

INGREDIENTS

- 1 cup Urad dal
- 21/2 cups Idli Rava
- 1/4 cup Poha
- 1 Tablespoon Himalayan Salt
- 3 1/2 cups water
- · 2 carrots, grated

PUMPKIN SEED CHUTNEY

- 1 cup Pumpkin Seeds
- 1 tablespoon Avocado oil
- 3-5 Thai green chili
- 5-6 curry leaves
- 1/2 tablespoon tamarind paste
- 1 teaspoon Cumin Seeds
- 1 clove garlic, peeled
- · Salt to taste
- 1 and 1/2 cup water, divided

Ingredients for Tempering the Chutney/Tadka

- 1 tablespoon Avocado oil
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon cumin seeds
- 1/2 tablespoon Split Urad dal
- · 1 dried red chili
- 4 curry leaves

NUTELLA SANDWICHES AND VEGGIE AND FRUIT HEARTS



INGREDIENTS

- 2 slices 21 grain Dave's killer bread
- Nutella as needed
- Cantaloupe
- Blueberries
- Cucumber circles
- Carrots

PREP TIME: 5 MIN

DIRECTIONS

- · Toast the bread slightly.
- Using a bigger heart cookie cutter, cut the bread into hearts.
- Use a tiny heart and cut a small hole in one of the bread heart slices. Sandwich them together and enjoy!

How to cut Veggies and fruits into hearts shapes:

- First cut the cucumber and carrot into thin slices and use a heart cutter to cut a heart into cucumber. Cut another heart from the carrot slice. Insert this carrot "heart" into the heart shaped hole in the cucumber.
- Cut cantaloupe in half and scoop out the seeds. Cut the cantaloupe into thin rings and cutout hearts using a cookie cutter. Use a toothpick and skewer cantaloupe and blueberries alternatively.