Time	Narration
00:00	Welcome to the <b>spoken tutorial</b> on delicious recipes for kids parties.
00:08	In this tutorial, we will learn about:
	Points to consider while preparing children's meals.
	Preparation of some healthy vegetarian recipes for them.
00:23	Childhood is a period of rapid growth and development.
00:29	Both physical and mental development takes place during this period.
00:37	Hence, it is important that children should consume adequate nutrients.
00:44	They should be encouraged to eat healthy foods from a young age.
00:50	Their diet should be nutrient dense covering all the food groups.
00:58	The meals should be colourful and appealing to them.
01:03	We will now see some delicious healthy recipes which can be given to children.
01:10	The first recipe is tangy fox nuts (Makhana - Hindi) Bhel.
01:16	The ingredients required to make this recipe are:
	3/4 cup Fox nuts (Makhana - Hindi).
	½ cup chopped tomato.
	½ cup chopped onion.
	2 tablespoons chopped raw mango.
	2 tablespoons roasted peanuts.
	2 tablespoons lemon juice.
	2 tablespoons of washed coriander leaves.
01:45	You will also need:
01:47	½ teaspoon chaat masala.
01:51	½ teaspoon red chili powder.
01:54	Take salt according to your taste.
01:58	Procedure:  Dry roast the fox nuts (Makhana – Hindi) in a pan on medium flame until they become crunchy.
02:06	Once roasted, remove them from the pan and let it cool down for a few minutes.
02:14	Add the rest of the ingredients to it one by one.
02:18	Mix everything well and serve.
02:22	The next recipe is Paneer (unsalted Indian cottage cheese – Bracketed text is only for International languages) kebab.
02:27	Ingredients required for this recipe are:
02:31	50 grams or 2 tablespoons of grated paneer (unsalted Indian cottage cheese – Bracketed text is only for International languages).
02:36	100 grams or 4 tablespoons of curd.
02:42	½ chopped onion.
02:44	½ chopped capsicum.
02:47	Handful of washed coriander leaves.

02:55   Spices required to make this recipe are: 02:59   34 (teaspoon cumin powder. 03:07   34 (teaspoon pepper powder. 03:11   You will also need 2 tablespoons of oil or ghee 03:17   and salt according to taste. Procedure: 03:26   For this, put the curd in a strainer and place a bowl beneath it. 03:26   For this, put the curd in a strainer and place a bowl beneath it. 03:33   Cover and keep it aside for 2 to 3 hours. 03:39   Transfer the thick curd from the strainer to a bowl. 03:40   Add chopped vegetables, grated paneer (unsalted Indian cottage cheese – Bracketed text is only for International Ianguages) and spices into it. 03:51   Mix everything well and make round kebabs. 03:56   Coat it in roasted semolina from all sides. 04:01   Keep these kebabs in the refrigerator for 20 to 30 minutes. 04:08   Heat oil in a pan and shallow fry the kebabs. 04:10   Cook on medium flame on both sides until they turn light golden brown. 04:20   Panages) kebabs are ready. 04:24   Our third recipe is spinach drink. 04:29   Court third recipe is spinach drink. 04:20   Court third recipe is spinach drink. 04:21   To make this recipe you will need: 04:32   Cook on medium flame on both sides until they turn light golden brown. 04:40   Value of handful of washed spinach 04:31   Small banana 04:40   Value of handful of washed spinach 04:41   Small banana 04:42   To make this recipe you will need: 04:51   Once the water boils, add the spinach and cook for a minute. 04:52   Drain the water and keep the spinach and cook for a minute. 05:62   Wash, peel and chop the fruits. 05:16   Once the water boils, add the spinach and curd to a mixer jar. 05:16   Ouc an add ¼ cup of water to adjust the consistency. 05:21   Transfer this into a glass and serve. 05:22   Transfer this into a glass and serve. 05:26   Ou can even garnish it with some grated apples. 05:31   The last recipe you will need: 05:30   Ou grams or ½ cup of green gram.	02:50	2 tablespoons of roasted semolina.
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	05:31	
05:40 30 grams or ½ cup of green gram.	05:36	To make this recipe you will need:
	05:40	30 grams or ½ cup of green gram.

05:45	4 to 5 pieces of paneer (unsalted Indian cottage cheese – Bracketed text is only for International languages).
05:49	2 tablespoons curd.
05:52	½ sliced carrot.
05:55	1 small sliced onion.
05:59	½ sliced capsicum.
	You will also need:
06:02	Handful of shredded cabbage.
06:07	1 green chilli.
06:10	Pinch of turmeric.
06:13	½ teaspoon chilli powder.
06:16	Salt to taste.
06:18	2 teaspoons of oil.
	Procedure:
06:21	Wash and soak green gram overnight.
06:26	Next day, drain the water and transfer it into a mixer jar.
06:31	Grind it into a smooth batter by adding a green chilli and $\frac{1}{2}$ a glass water.
06:39	Transfer this batter into a bowl.
06:43	Add salt and mix well.
06:46	Keep this aside for later use.
06:50	I will now tell you how to make the filling.
06:54	In a bowl add 2 tablespoons curd and whisk until smooth.
07:00	To this add turmeric, chilli powder and salt.
07:05	Mix everything well and add paneer (unsalted Indian cottage cheese – Bracketed text is only for International languages) pieces.
07:10	Coat the pieces well.
07:12	Keep this aside for 20 minutes.
07:17	After 20 minutes, heat oil on a pan.
07:21	Shallow fry the paneer (unsalted Indian cottage cheese – Bracketed text is only for International languages) pieces until they turn golden.
07:26	Keep these aside to cool.
07:30	Simultaneously heat 1 teaspoon of oil in a pan.
07:36	Add all the chopped vegetables.
07:39	Fry these vegetables for 5 to 10 minutes until they turn soft.
07:46	Add a pinch of salt and remove from heat.
07:51	Remember not to add salt in the beginning else the vegetables will become soggy.
07:58	Keep this aside for later use.
08:02	We will now see how to make a wrap.
08:05	Heat oil in a pan.
08:07	Pour one spoonful of batter that we had prepared earlier.

08:13	Spread the batter uniformly like a dosa.
	Cook until both sides are cooked.
08:21	This will take 3 to 4 minutes.
08:25	Transfer the prepared dosa onto a plate.
08:30	Place the fried vegetables and paneer pieces on the dosa.
08:35	Roll the dosa and serve hot.
08:39	All these recipes are rich in <b>protein</b> ,
08:44	good <b>fats</b> ,
08:46	calcium,
	folate
08:48	and <b>magnesium</b> .
08:53	They are also rich in <b>iron</b> ,
08:56	potassium
08:58	and <b>phosphorus</b> .
	This brings us to the end of the tutorial.
09:01	Thank you for joining.