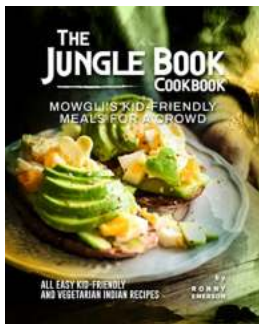


Mowgli Kid Friendly Meals for the Crowds: Easy, Kid-Friendly, and Vegetarian Indian Recipes

Mowgli is an exceptional restaurant that specializes in serving delicious and healthy Indian cuisine, specifically tailored to cater to children and families. With a wide array of kid-friendly and vegetarian options, Mowgli has become a top choice for families looking to enjoy a satisfying meal together.

Located in several major cities around the world, Mowgli offers a unique blend of traditional Indian flavors and contemporary twists that make their dishes both visually appealing and immensely appetizing. Their dedication to providing nutritious and wholesome meals makes them a favorite among parents who want their children to enjoy flavorful yet healthy food.

One of the highlights of Mowgli is their extensive kid-friendly menu, which includes a variety of dishes that are loved by children of all ages. Here, we present you with some mouthwatering and straightforward recipes inspired by Mowgli's kid-friendly meals.



The Jungle Book Cookbook: Mowgli's Kid-Friendly Meals for A Crowd - All Easy Kid-Friendly and Vegetarian Indian Recipes

by Ronny Emerson (Kindle Edition)

★★★★☆ 4 out of 5

Language : English

File size : 22035 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Lending : Enabled

Screen Reader : Supported

Print length : 77 pages



1. Vegetable Biryani

This fragrant and colorful rice delicacy packed with vegetables is a perfect option for parents looking to introduce their children to Indian cuisine. The combination of aromatic spices and the natural sweetness of the vegetables makes this dish a crowd-pleaser.



The alt attribute for the image: Delicious Vegetable Biryani in a colorful platter

Ingredients:

- 2 cups basmati rice
- Assorted vegetables (carrots, peas, cauliflower, etc.)

- 1 onion, thinly sliced
- 2 cloves of garlic, minced
- 2 tablespoons vegetable oil
- 1 teaspoon turmeric
- 1 teaspoon cumin powder
- 1 teaspoon garam masala
- Salt to taste

Instructions:

1. Soak the basmati rice in water for 30 minutes and drain.
2. Heat oil in a pan and sauté the sliced onions until golden brown.
3. Add garlic and sauté for a minute.
4. Add the vegetables and stir-fry for 3-4 minutes.
5. Drain the soaked basmati rice and add it to the pan.
6. Add the spices (turmeric, cumin powder, and garam masala) and salt. Mix well.
7. Add water in a 1:2 ratio with rice and vegetables. Bring to a boil.
8. Cover the pan and let it simmer on low heat for 15-20 minutes until the rice is cooked.
9. Fluff the rice with a fork and serve hot.

2. Paneer Tikka

Packed with protein and flavor, Paneer Tikka is loved by both kids and adults. Paneer, also known as cottage cheese, is marinated in a spicy yogurt mixture and grilled to perfection. This dish is a crowd favorite at Mowgli and one that can be easily recreated at home.



The alt attribute for the image: Grilled Paneer Tikka with a variety of colorful vegetables

Ingredients:

- 200g paneer, cubed
- 1 cup plain yogurt
- 1 tablespoon ginger-garlic paste
- 1 tablespoon tandoori masala

- 1 tablespoon lemon juice
- 1 teaspoon turmeric
- 1 teaspoon cumin powder
- Salt to taste
- Assorted vegetables (bell peppers, onions, tomatoes, etc.)
- Wooden skewers, soaked in water

Instructions:

1. In a bowl, mix yogurt, ginger-garlic paste, tandoori masala, lemon juice, turmeric, cumin powder, and salt.
2. Add the paneer cubes to the marinade and coat them well. Let it marinate for at least 30 minutes.
3. Preheat the grill or oven to medium-high heat.
4. Thread the marinated paneer cubes and assorted vegetables onto the soaked skewers.
5. Grill the skewers for 10-12 minutes, turning occasionally, until the paneer is lightly charred and the vegetables are tender.
6. Serve hot with mint chutney and enjoy!

3. Aloo Paratha

Aloo Paratha is a popular Indian flatbread stuffed with a spiced potato filling. It is a staple in local households and offers a great combination of carbohydrates and proteins commonly enjoyed for breakfast or lunch. At Mowgli, this simple yet satisfying dish is given a delicious twist that everyone can enjoy.



The alt attribute for the image: Perfectly cooked Aloo Paratha served with yogurt and pickle

Ingredients:

- 2 cups whole wheat flour
- 3-4 medium-sized potatoes, boiled and mashed

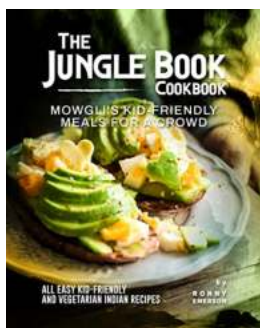
- 1 teaspoon cumin powder
- 1 teaspoon turmeric
- 1 teaspoon red chili powder
- 1 tablespoon chopped coriander leaves
- Salt to taste
- Ghee or oil for cooking

Instructions:

1. In a mixing bowl, combine the whole wheat flour with water, salt, and knead to form a soft dough. Let it rest for 10-15 minutes.
2. In a separate bowl, mix the mashed potatoes, cumin powder, turmeric, red chili powder, chopped coriander leaves, and salt to taste.
3. Divide the dough into small balls and roll each ball into a small disc on a floured surface.
4. Take a portion of the spiced potato filling and place it in the center of the rolled dough.
5. Bring the edges of the dough together and seal it, ensuring the filling is completely enclosed.
6. Gently roll out the filled dough ball into a circle.
7. Heat a griddle or tawa over medium-high heat and cook the paratha on both sides, applying ghee or oil, until golden brown spots appear.
8. Serve hot with yogurt and pickle.

By preparing these Mowgli-inspired recipes at home, you can recreate the delightful flavors and experience the diversity of vegetarian Indian cuisine. These dishes are not only kid-friendly but also suitable for adults who appreciate a delicious, wholesome meal. Mowgli's commitment to delivering exceptional food experiences for families has made them a leader in the industry, and now you have the opportunity to bring their culinary magic into your own home.

So, gather your ingredients and start cooking these Mowgli kid-friendly meals for the crowd. Your taste buds will be thanking you!



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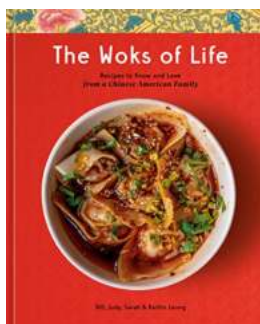
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Mowgli did not need some kid-friendly recipe ideas for a crowd in the Jungle book to appease the fierce tiger, Shere Khan. But it would have been a palatable addition, perhaps, that would have wooed the tiger and kept him from troubling some smaller animals in the jungle. The story emphasizes resiliency, courage,

and humanity revolves around a lost Indian boy. A baby boy was rescued and raised by animals in the Indian jungle.

Apart from being a story loved by kids, adults will also find it interesting to revisit the tales here and glean simple, kid-friendly recipes with few ingredients. Plus, a chance to learn easy Indian vegetarian recipes for kids as a luscious and healthy alternative during snack time. Since you are ready, scroll down and be inspired.



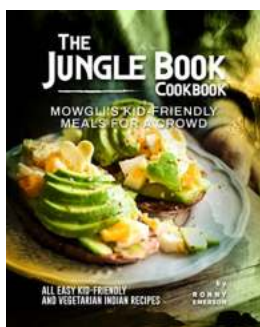
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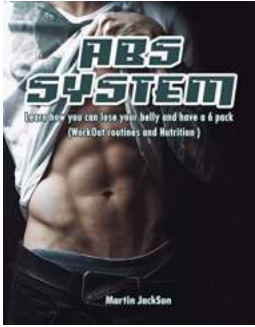
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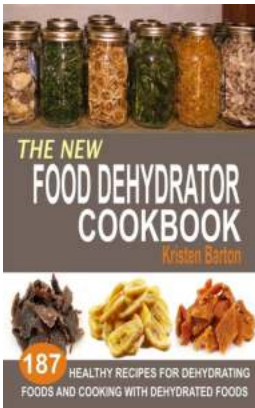
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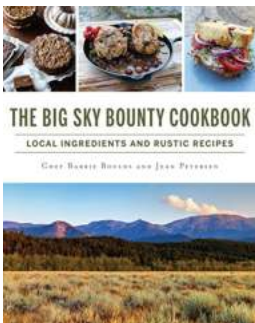
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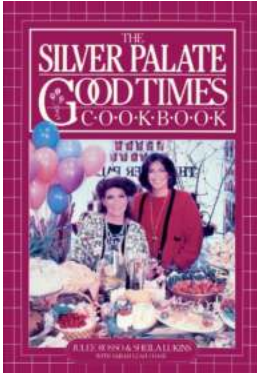
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