

Easy Recipes for Office-Goers

1. Egg Recipes (High-Protein, Ready in Under 15 Mins)

1.1. Mumbai-Style Street Egg Bhurji

- **Time:** 12 mins | **Key Ingredients:** 3 eggs, 1 small onion, 1 green chili, 1/2 tomato, pav bhaji masala, butter/ghee.
- **Method:** Sauté finely chopped onions and green chilies in butter until translucent. Add tomatoes, turmeric, and pav bhaji masala. Crack eggs directly into the pan and scramble on medium-low heat until soft curds form. Garnish with fresh coriander.
- **Office Tiffin Tip:** Keep the scramble slightly soft; it continues to cook from residual heat in an insulated lunchbox.

1.2. South Indian Boiled Egg Pepper Roast

- **Time:** 10 mins (with pre-boiled eggs) | **Key Ingredients:** 3–4 hard-boiled eggs (halved), curry leaves, freshly ground black pepper, mustard seeds, coconut oil.
- **Method:** Splutter mustard seeds and curry leaves in coconut oil. Add haldi, red chili powder, and crushed black pepper. Place egg halves cut-side down, sear for 90 seconds, gently flip to coat in the masala, and take off heat.
- **Office Tiffin Tip:** Packs completely dry with zero oil leakage into your work bag.

1.3. Masala Egg Roll (No-Flour Wrap)

- **Time:** 10 mins | **Key Ingredients:** 2 whole eggs + 1 egg white, shredded cabbage, julienned capsicum, green chutney, chaat masala.
- **Method:** Whisk eggs with salt, pepper, and chopped coriander. Pour into a large non-stick pan to create a wide, thin omelette. Cook until set, remove, spread green chutney across the center, load with raw crunchy cabbage and capsicum, sprinkle chaat masala, and roll tightly.
- **Office Tiffin Tip:** Wrap in parchment paper; it serves as a hand-held desk lunch that requires no utensils.

1.4. Dhaba-Style Anda Keema

- **Time:** 15 mins | **Key Ingredients:** 4 hard-boiled eggs (grated), 1 onion, 1 tomato, ginger-garlic paste, garam masala, kasuri methi.
- **Method:** Sauté ginger-garlic paste and onions until golden. Add tomato puree, cumin powder, coriander powder, and garam masala; cook until oil separates. Fold in the grated boiled eggs with a splash of hot water. Finish with crushed kasuri methi.
- **Office Tiffin Tip:** Has the rich texture of traditional keema and pairs seamlessly with sliced cucumbers or spoons directly.

1.5. Palak Anda Bhurji (Spinach Scramble)

- **Time:** 12 mins | **Key Ingredients:** 3 eggs, 1 cup finely shredded baby spinach, garlic cloves (sliced), green chili, ghee.
- **Method:** Sauté sliced garlic and green chilies in ghee until aromatic. Add shredded spinach and cook down for 2 minutes. Pour in beaten eggs with salt and pepper, scrambling until firm and dry.
- **Office Tiffin Tip:** Squeeze excess moisture out of the cooked greens so the bhurji doesn't turn watery in storage.

1.6. Boiled Egg Chaat

- **Time:** 5 mins | **Key Ingredients:** 3 hard-boiled eggs (cubed), finely diced red onion, mint-coriander chutney, roasted cumin powder, lemon juice.
- **Method:** In a bowl, toss egg cubes with onion, green chutney, a pinch of black salt (*kala namak*), roasted jeera powder, and fresh lemon juice.
- **Office Tiffin Tip:** Carry the chopped eggs in your tiffin and keep the chutney/lemon in a mini dressing tub; mix at your desk right before eating.

1.7. Chettinad Egg Masala (Semi-Dry)

- **Time:** 15 mins | **Key Ingredients:** 3 boiled eggs (pierced with a fork), fennel seeds, curry leaves, shallots, Chettinad masala powder.
- **Method:** Splutter fennel seeds and curry leaves. Sauté chopped shallots until deep brown. Stir in tomato puree and Chettinad spice blend. Add the pierced eggs and simmer with 3 tablespoons of water until the gravy reduces to a thick glaze clinging to the eggs.
- **Office Tiffin Tip:** The pierced whites absorb deep spice flavors overnight in the fridge.

2. Paneer Recipes (Quick-Prep, Satiating Fats)

2.1. 10-Minute Tawa Paneer Tikka

- **Time:** 12 mins | **Key Ingredients:** 200g paneer cubes, 2 tbsp thick hung curd, tandoori masala, kasuri methi, diced capsicum and onion.
- **Method:** Whisk curd, tandoori masala, salt, and mustard oil. Toss paneer and veggies to coat. Sear on a smoking hot tawa for 2 minutes per side until charred edges form.
- **Office Tiffin Tip:** High-heat searing locks moisture inside the cubes, preventing them from turning rubbery when reheated in the office microwave.

2.2. Paneer Bhurji with Crunchy Capsicum

- **Time:** 12 mins | **Key Ingredients:** 200g crumbled fresh paneer, 1 diced green bell pepper, 1 tomato, turmeric, pav bhaji masala, ghee.
- **Method:** Sauté cumin seeds, ginger, and diced bell pepper for 2 minutes (retain crunch). Stir in chopped tomatoes, turmeric, and pav bhaji masala. Fold in crumbled paneer and toss on high heat for 2 minutes. Do not overcook.
- **Office Tiffin Tip:** Retains full flavor even when eaten cold or at room temperature during back-to-back meetings.

2.3. Express Palak Paneer

- **Time:** 15 mins | **Key Ingredients:** 200g paneer cubes, 2 cups spinach (blanched &

pureed), 1 tsp garlic paste, garam masala, heavy cream (optional).

- **Method:** Blanch spinach for 2 minutes, plunge in cold water, and blend with 1 green chili. Sauté garlic in butter, pour in the puree, season with salt and garam masala, and fold in raw paneer cubes. Simmer for 3 minutes.
- **Office Tiffin Tip:** Pack in a stainless steel leakproof container. Pair with steamed cauliflower rice.

2.4. Paneer Ghee Roast (Dry Style)

- **Time:** 15 mins | **Key Ingredients:** 200g paneer cubes, 1.5 tbsp ghee, Kashmiri chili powder, coriander-cumin powder, fennel powder, curry leaves.
- **Method:** Melt 1 tbsp ghee in a pan and shallow-fry paneer cubes until lightly golden; set aside. In the remaining ghee, bloom curry leaves and dry spices with a dash of water to form a thick paste. Toss paneer back in until thoroughly coated.
- **Office Tiffin Tip:** The ghee solidifies slightly in AC offices, keeping the spice rub locked firmly onto the paneer.

2.5. Indo-Chinese Chilli Paneer (Zero-Cornstarch)

- **Time:** 12 mins | **Key Ingredients:** 200g paneer, 1 bell pepper (cubed), 2 green chilies (slit), soy sauce, apple cider vinegar or white vinegar, garlic.
- **Method:** Sauté generous amounts of chopped garlic, slit chilies, and bell peppers on high heat. Add soy sauce and vinegar. Toss in paneer cubes directly. Season with freshly cracked black pepper and spring onion greens.
- **Office Tiffin Tip:** Omitting cornstarch prevents the dish from turning into a congealed jelly upon cooling.

2.6. Achari Paneer Stir-Fry

- **Time:** 10 mins | **Key Ingredients:** 200g paneer sticks, mustard seeds, fennel seeds, nigella seeds (*kalonji*), fenugreek seeds (*methi dana*), turmeric, chili powder.
- **Method:** Heat mustard oil until smoking, then lower heat. Add the whole pickling spice blend (*panch phoron*). Add turmeric and chili powder, followed immediately by paneer strips. Toss vigorously for 3 minutes until fragrant.
- **Office Tiffin Tip:** The tangy, pickle-like flavor profile cuts through midday fatigue.

3. Chicken Recipes (Meal-Prep Friendly, High-Protein)

3.1. South Indian Chicken Pepper Fry

- **Time:** 20 mins | **Key Ingredients:** 250g boneless chicken thigh (small cubes), black peppercorns (freshly crushed), curry leaves, shallots, ginger-garlic paste.
- **Method:** Heat coconut oil, splutter curry leaves, and sauté sliced shallots with ginger-garlic paste. Add chicken, turmeric, and coriander powder. Cover and cook in its own juices for 10 minutes. Uncover, crank the heat, dump in coarsely crushed black pepper, and roast dry.
- **Office Tiffin Tip:** Chicken thighs stay tender and juicy after microwave reheating, unlike chicken breast which can dry out quickly.

3.2. Mangalorean Chicken Ghee Roast (Tiffin Cut)

- **Time:** 20 mins | **Key Ingredients:** 250g boneless chicken, 1.5 tbsp ghee, yogurt, Kashmiri

chili paste/powder, garlic, cloves, fenugreek powder.

- **Method:** Marinate chicken in curd, turmeric, and lemon juice. Heat ghee in a skillet, add garlic and whole spice powders with chili paste. Cook the paste until ghee surfaces. Add chicken and roast on medium-high until the sauce thickens into a dark, clinging coating.
- **Office Tiffin Tip:** Extremely shelf-stable at room temperature throughout the corporate workday.

3.3. Tawa Chicken Boti Kebab

- **Time:** 15 mins (active) | **Key Ingredients:** 250g chicken breast strips, hung curd, ginger-garlic paste, chaat masala, kasuri methi, mustard oil.
- **Method:** Marinate chicken in the spiced curd mix (can be prepped the night before). Heat a cast-iron skillet, brush with light oil, and place pieces without overcrowding. Sear 4 minutes per side. Spritz with lime juice.
- **Office Tiffin Tip:** Pack along with a side of sliced radishes and mint chutney for an effortless, utensil-free lunch.

3.4. Coastal Chicken Sukka

- **Time:** 20 mins | **Key Ingredients:** 250g boneless chicken, 3 tbsp freshly grated coconut, curry leaves, coriander seeds, dry red chili, cumin.
- **Method:** Dry roast coconut, cumin, and coriander seeds for 2 minutes. Cook chicken with turmeric, salt, and half a cup of water until done. Add the roasted spiced coconut mixture and toss on high heat until the moisture evaporates completely.
- **Office Tiffin Tip:** The toasted coconut provides healthy medium-chain fats that curb afternoon sugar cravings.

3.5. Methi Chicken Stir-Fry

- **Time:** 18 mins | **Key Ingredients:** 250g boneless chicken, 1 cup fresh fenugreek (*methi*) leaves (chopped), green chilies, coriander powder, cumin.
- **Method:** Sauté cumin and slit green chilies. Add chopped methi leaves and sauté for 3 minutes to remove raw bitterness. Toss in chicken cubes, season with coriander and cumin powders, cover and cook for 8–10 minutes until chicken is tender and liquid has dried.
- **Office Tiffin Tip:** Combining dark leafy greens with lean poultry gives high micronutrient density with near-zero net carbs.

3.6. Chicken Keema Masala

- **Time:** 15 mins | **Key Ingredients:** 250g minced chicken (keema), 1 onion (finely chopped), ginger-garlic paste, garam masala, tomato puree, mint leaves.
- **Method:** Brown onions and ginger-garlic paste. Add 2 tablespoons tomato puree, turmeric, and garam masala. Add chicken mince, breaking up lumps with a spatula. Cover and cook for 8 minutes. Stir in fresh chopped mint and coriander.
- **Office Tiffin Tip:** Reheats evenly in 60 seconds in any office microwave without splattering.

3.7. Reshmi / Malai Chicken Tikka (Pan-Seared)

- **Time:** 15 mins | **Key Ingredients:** 250g boneless chicken cubes, 2 tbsp cream or hung

curd, cashew/almond paste (1 tsp), cardamom powder, white pepper.

- **Method:** Coat chicken in cream, hung curd, a touch of nut paste, cardamom powder, and white pepper. Sear in a buttered pan over medium heat until golden brown spots form on both sides and chicken is cooked through.
- **Office Tiffin Tip:** Extremely gentle on the stomach for days when you have back-to-back presentations and need sustained mental energy.

4. Low-Carb Corporate Swaps & Pairing Guide

Standard High-Carb Carrier	Low-Carb Corporate Swap	Prep Time
White/Brown Rice	Sautéed Cumin-Cauliflower Rice	5 mins (grated cauliflower sautéed in ghee with jeera)
Wheat Roti / Paratha	2-Egg Thin Omelette or Cabbage Slaw	3 mins (use the omelette as a wrap for dry preparations)
Naan / Bread	Cucumber ribbons & spiced hung curd dip	2 mins (peel cucumber into long strips with salt & pepper)