



Ingredients

For the outer cover

1 cup refined flour
2 tsp oil
Salt to taste

For the filling

1/2 cup cabbage, chopped
1/2 cup carrots, chopped
1/2 cup French beans, chopped
1/4 cup capsicum, chopped
2 spring onion stalks,
chopped (bulb and greens separately)
1/4 tsp garlic paste
1/2 tsp pepper powder
1 tsp soya sauce
1 tsp oil
Salt to taste

Nutrients

Approx. calories per serving: 84 kcal

Tip: For non-vegetarian momos, you can use shredded boneless chicken or mutton mince in place of vegetables.

Procedure

Sift the flour and salt together. Add oil and enough water to knead into a firm dough. Cover and keep aside for 30 minutes. To make the filling, fry onions along with garlic paste in a 16 cm Regular unit with 1 teaspoon of oil. Cover and cook until the Thermo Indicator reaches the 80 degree mark. Remove the lid and add salt to taste along with pepper powder and soya sauce.

Fry for a few minutes and remove it from the gas stove. Knead the dough once again and divide into 12 lime-sized balls. On a well floured surface, roll out each ball into a flat round. Place a portion of the filling on one half of this round. Lift and cover with the other half to form a crescent-shaped sachet, seal the edges and flatten slightly.

Prepare the remaining momos in the same way. Arrange them all an inch apart in a grater/steamer covered with a muslin cloth and steam following the instructions in the "Everyday Cooking" section. Remove and serve hot with tomato chutney.