

Vegetable Momos

Delight in these homemade vegetable momos, a popular steamed dumpling from the Himalayas. Filled with a colorful mix of fresh vegetables and aromatic spices, these momos are a perfect snack or appetizer.


50 min

Total time

medium

Difficulty

280

kcal / serving

Ingredients

- For the dough:
- 1 cup all-purpose flour
- 1/4 tsp salt
- Water (as needed)
- For the filling:
- 1/2 cup finely chopped cabbage
- 1/4 cup grated carrots
- 1/4 cup finely chopped bell pepper
- 1/4 cup chopped onions
- 1 tbsp soy sauce
- 1/2 tsp ginger paste
- 1/2 tsp garlic paste
- Salt and pepper to taste
- 1 tsp oil

Steps

- 1 In a bowl, mix the all-purpose flour and salt. Gradually add water to form a soft dough. Cover it and let it rest for 30 minutes.
- 2 In a pan, heat oil and sauté the onions until translucent. Add ginger and garlic paste, followed by the chopped vegetables.
- 3 Stir in soy sauce, salt, and pepper. Cook until veggies are slightly tender. Let the filling cool.
- 4 Divide the dough into small balls and roll each into a thin circle.
- 5 Place a spoonful of filling in the center of each circle, fold them into half-moon shapes, and pinch the edges to seal.
- 6 Steam the momos for about 15-20 minutes in a steamer until they are cooked through.
- 7 Serve hot with dipping sauce or chutney of your choice.