



# Tandoori Veg Momo with flour, vegetables

Preparation Time: 30 mins or under

An Indian take on a Nepali classic. These momos are a perfect snack to cook during the weekend.  
Perfectly pairs with cold drinks.



Vegetarian



High Fibre

## Ingredients

For filling

- 1/2 cup carrots
- 1/2 cup cabbage
- 1/2 cup bell peppers
- 1/2 cup
- 1 onion, chopped
- 2-3 garlic cloves, minced
- 2 scallions, chopped
- 2 teaspoon soy sauce
- 1 teaspoon ketchup
- 1 teaspoon vinegar
- Salt and pepper to taste
- 1 tablespoon oil

For marinate

- 1 cup yogurt
- 1 tablespoon ginger garlic paste
- 1 teaspoon TRS red chilli powder
- 1/2 teaspoon TRS Ground mango
- 1 teaspoon TRS tandoori masala
- 1/2 teaspoon turmeric powder
- Salt to taste
- 1 tablespoon Oil
- 1 cup all-purpose flour





1



For stuffing

- Heat oil in a pan and add ginger garlic and onions. Stir and add scallions and sauté for a minute.
- Add chopped vegetables, stir and cook in high heat for 5 minutes.
- Add soy sauce, vinegar and ketchup.
- Keep stirring in between and add salt and pepper.
- Put it aside to cool.

2



- Take flour in a bowl and knead a stiff dough. Keep it covered.
- Roll the dough into a log and cut out small portions out of it.
- Roll each portion into a round ball.

3



- Take one ball and dust it with flour. Roll it into a thin circle.
- Place a helpful of stuffing in the centre of the circle. Fold it lengthwise.
- Start pinching the dough by making pleats and cover it

4



- Likewise make all the Momos.
- Heat oil for few frying in a pan and half fry the Momos.
- Remove from oil and keep aside.
- In a mixing bowl add yougurt and the rest of the spices to marinate.
- Add in half fried Momos and keep them to marinate for 15-20 minutes.
- Heat a teaspoon oil in a pan and roast the Momos
- Alternatively, you can use a grill