

Improving early years education in Nepal schools

STARTER MOMOS

PREP
25
mins

COOK
15
mins

SERVES
4

INGREDIENTS:

- Mong Lee Shang Dumpling Pastry - frozen (available from local Chinese/Asian supermarkets, or from Robinsons Fresh Foods on the Isle of Man)
- Chicken mince (raw) 1 cup
- **Vegetarian alternative:** 1 cup mixture of finely diced mushroom and/or shredded cabbage/carrot, dusted with cornflour and sprinkled with water to combine
- 1 small onion finely chopped
- Salt / Crushed black peppercorns to taste
- sesame oil 1 tablespoon
- light soy sauce 1 1/2 teaspoons
- fresh coriander leaves chopped 2 tablespoons
- garlic finely chopped 1 teaspoon
- Sriracha hot chilli sauce 2 teaspoons
- Tomato chutney (optional)



METHOD:

- 1 Defrost the Mong Lee Shang Dumpling Pastry
- 2 To make the stuffing, take chicken mince (or vegetarian alternative) in another bowl, add onion, salt, crushed black peppercorns, sesame oil, soy sauce, coriander leaves and garlic and mix till well combined. Add red chilli sauce and mix well.
- 3 Stuff each dumpling pastry disc with a one teaspoon portion of chicken mixture and shape them into momos.
- 4 Heat sufficient water in deep pan, place bamboo basket lined with parchment paper on it and arrange the prepared momos in it. Cover the basket and steam for 10-12 minutes.
- 5 Serve hot with tomato chutney or light soy sauce.

30 For 30

To mark 30 years since its first funded school was opened, PTN is running a 12-month campaign in 2021. '30 For 30' aims to raise £50,000 to help 30 schools improve their teaching provision and facilities for pre-primary school children aged 1-5 years old.

Find out more at www.pahar-trust.org/30for30



KURRIES
AND
STEAKS

Recipes created especially for Nepali Night
In by Shri Naik, chef and founder of Kurries
and Steaks restaurant, Isle of Man.