



CHICKEN MOMO

Cooking Instructions:

Steam

Add water to the steamer pot and bring to boil.

Place the parchment paper on the steamer tray. Oil glaze parchment paper and place the Momos.

Steam for 5 minutes. Remove tray and cool before removing the Momos.

Deep Fry

Heat oil in a pan. Place the Momos and reduce heat to medium. Fry for 3-4 minutes until brown and crisp

Pan Fry

Lace oil on a non-stick pan.

Place the Momos and fry till base is

golden brown. Pour half cup of

water, cover the pan and steam.

After water evaporates, open pan and remove the Momos

Nutrition facts :

Nutritional Information	Per 100g	Per Serving	% RDA, *Per serving
Energy (Kcal)	172	172	8.6
Protein g	6.6	6.6	13.2
Total Carbohydrate g	23.16	23.2	8.42
Total Sugars g	<0.5	<0.5	
Added Sugars g	<0.5	<0.5	<0.5
Total Fat g	5.8	5.8	8.66
Saturated Fat g	4.84	4.8	22
Polyunsaturated Fat g	0.12	0.1	
Monounsaturated Fat	0.84	0.8	
Trans Fat g	0	0	0
Cholesterol g	14.7	14.7	4.9
Sodium mg	348	348	17.4

Allergen Information

Contains Wheat, Soy, celery and oyster

Ingredients Used

Filling: Chicken Meat (54%), Onion, Soya, cabbage, Spring Onion, refined sunflower oil, Ginger, Oyster sauce, Sesame oil Iodized Salt, Spice and Condiments,

Wrap: Flour Mix (Wheat Starch, Tapioca Starch), Water, Hydrogenated Vegetable Oil and Iodized Salt

Sauce: Water, Red Chilli, Ginger, Sunflower Oil, Salt, Green Chilli, Garlic, Sugar, Modified Starch, Soy Sauce, Acetic Acid, Sodium Inosinate & Guanylate, Preservative (INS260), Paprika Extract, Celery, Black Pepper

