

Recipes by
Zargan Nasordinova

Mantas



Składniki

Dough:

flour – 1 kg

salt

water

Stuffing:

potatoes – 400 g

spring onion – 150 g

pumpkin – 400 g

onion – 150 g

salt and pepper



Preparation

Cut the potatoes into small pieces, and add chopped onions, salt and pepper. Cut pumpkin into small pieces, add chopped onion, and season with salt and pepper.

Roll out the dough, cut it into squares, put in the stuffing, wrap and seal the edges.

Boil water in the steam cooker and keep boiling. Apply some oil to the upper baskets, put the mantas in and steam for 15-20 min.

