

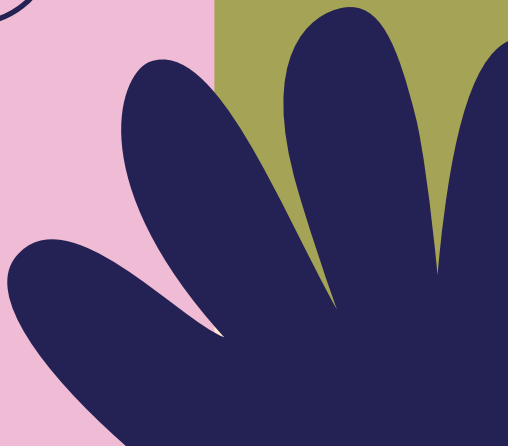


3

meals in a day in Nepal



with Raunak, Ritu & Rabina



Welcome to Nepal!



Are you excited to learn
about our food?



Morning

These are our morning meals in Nepal!



Jeri and Swari
¥45~63
(NRs. 50~70)



Sel roti
¥20~30
(NRs. 15~25)



Gwaramari
¥50~100
(NRs. 50~100)

Ingredients list

JERI & SWARI

Jeri: Made out of oil, flour, yoghurt, baking powder and sugar

Swari: Made out of oil, flour and water

Swari neutralizes the sweetness of the Jeri and they compliment each other..



SEL ROTI

Sel roti is rounded edibles, like donuts, but bigger in size. It is made mainly of rice flour, water, sugar, cooking oil and ghee.



GWARAMARI

Gwaramari is Nepali breads or doughnuts.

It tastes the best with warm tea.

Ingredients: flour, water, salt, baking powder. It is crispy outside and soft inside.



Lunch

These are our lunch meals in Nepal!



Jeri and Swari
¥45~63
(NRs. 50~70)



Chow Mein
¥60~270
(NRs. 50~250)



Khaaja set
¥250~450
(NRs. 250~450)

Ingredients list

NEPALI DAL-BHAT-TARKARI SET

Dal: Lentil soup made out of lentil, salt, water, spices

Bhat: Rice (Mostly long grain rice)

Tarkari: Vegetable curry

★ We mix the dal with the rice and eat it with other curries and pickles. We normally eat with our hands.



CHOW MEIN

You can find this dish in every street stalls in Nepal.

★ It is similar to Japanese Yakisoba but with Nepali flavors.

Ingredients: onion, egg noodles, Chicken, cabbage, broccoli, carrots, green peas, ketchup, salt, cumin powder, pepper, oil, lemon juice



KHAAJA SET

A popular food that is very spicy and sour.

Ingredients: vegetables, meat, curry, and snacks

★ We put the entire dish together by placing beaten rice in the middle and all other side dishes around it.



Dinner

These are our dinner meal in Nepal!



Thukpa
¥144~315
(NRs 160-350)



Sel roti
¥20~30
(NRs. 15~25)



Sel roti
¥20~30
(NRs. 15~25)

Ingredients list

THUKPA

It is noodle and soup, added with vegetables, eggs, chicken, goat, buffalo or yak meat. This dish is inspired by the Chinese/Tibetan cuisine and eaten during winter or rainy days.



ROTI TARKARI

It is flat bread (like naan) served with curry.



Ingredients: potatoes, oil, onions, garlic, ginger, flour, mustard seeds, water, cumin seeds, coriander, turmeric.



MOMO

It is the Nepali version of Chinese dumplings. Ingredients: flour, water, mixed vegetables, meat and Nepali spices. Momo is served together with its sauce (spices, onions, tomato)





Thank you for watching!

Please try Nepali food next time you have a chance! See you next time!

