



SPICED HARVEST GOURMET MINCE WITH GREEN PEAS

INGREDIENTS

300 Grams Harvest Gourmet Stir Fry Mince
2 Teaspoons Cooking Oil
1 Unit Onion
2 1/2 Centimeters Ginger
2 Cloves Garlic
1 Sprig Red chili
1/4 Cup Tomato Puree
1/2 Cup Peas
1/2 Cup Carrot
1/2 Cup Eggplant
1 Small Tomato
1/4 Cup Water
2 Tablespoons Mint Leaves
1/2 Level teaspoon Mushroom Seasoning
1 Teaspoon Garam Masala
1 Teaspoon Chili Powder
1 Teaspoon Coriander Powder
1/2 Teaspoon Cumin Powder
1/2 Teaspoon Turmeric Powder



PREPARATION

- 1.** Heat the cooking oil in a pan and fry the onion, ginger and garlic till fragrant
- 2.** Add in the sliced chili and Harvest Gourmet mince. Cook for about 6 minutes till lightly browned
- 3.** Add in the spices, carrot, eggplant, tomato puree and water and stir well to combine with the mince. Cook for another 3 minutes
- 4.** Stir in the green peas and heat through. Season with a dash of mushroom seasoning (optional).
- 5.** Lastly stir in the chopped mint leaves and tomatoes. Serve immediately

Recipe created by DIETITIAN INDRA BALARATNAM

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