



# SEAWEED MINCE STUFFED VEGETABLE

## INGREDIENTS

300 Grams Harvest Gourmet Stir Fry Mince  
20 Grams Seaweed  
50 Grams Carrot  
2 Teaspoons Light Soy Sauce  
2 Tablespoons Corn Flour  
8 Sprigs Red chili  
8 Units Lady's Fingers  
8 Units Eggplant  
150 Mililiters Corn Oil  
1 Sprig Spring Onion  
2 Tablespoons Garlic Oil  
2 Tablespoons Vegetarian Oyster Sauce  
2 Tablespoons Light Soy Sauce  
1 Teaspoon Sesame Oil  
200 Mililiters Water  
1 Tablespoon Corn Flour  
1/4 Teaspoon White Pepper Powder



## PREPARATION

- 1.** To prepare the mince filling, mix Harvest Gourmet Plant-Based Stir Fry Mince, seaweed, carrot, corn flour and soy sauce in a medium bowl.
- 2.** Stuffed the mince filling into the vegetables, make sure to compress the filling to compact it into the vegetables.
- 3.** Heat the wok with corn oil. Pan fried the stuffed vegetable with the mince filling side facing down the pan. Once the filling turn golden brown, flip the vegetables to cook on all side. Once it done, arrange on a plate.
- 4.** To prepare the superior sauce, mix all ingredients in a small bowl and pour the mixture into a small pan/wok. Cook until thicken and pour onto the stuffed vegetables.
- 5.** Sprinkle the spring onion and drizzle some garlic oil (optional) onto it.

Recipe created by CHEF KC CHOONG

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