



HARVEST GOURMET SCHNITZEL HAINANESE STYLE WITH GARLIC EGG FRIED RICE

INGREDIENTS

200 Grams MAGGI® Tomato Ketchup
1 1/3 Tablespoon Lemon Juice
200 Mililiters Water
5 Tablespoons Sugar
6 Tablespoons Plum Sauce
1 Tablespoon Vinegar, White
2 Tablespoons Light soya sauce
80 Grams Mixed Vegetables
40 Grams Halved Cherry Tomatoes
30 Grams Diced Green Capsicum
30 Grams Pineapple Cubes
30 Grams Diced Red Onion
1 Tablespoon Cooking Oil
1 Piece Harvest Gourmet Schnitzel
10 Grams Potato flour
20 Mililiters Water
1/5 Teaspoon Salt
3/4 Teaspoon MAGGI® Liquid Seasoning No. 3
200 Grams Rice (cooked)
2 Cloves Minced Garlic
1 Unit Beaten Egg
2/3 Tablespoon Cooking Oil



PREPARATION

1. Prepare Mixing Sauce

Add 200ml of boiling water, Maggi tomato ketchup, lemon juice, sugar, plum paste, white vinegar and soya sauce. Mix well and let it simmer for 2 minutes.

2. Make Potato Starch Mixture

Add 20ml of water into 10g of potato starch and mix well.

3. Stir Fry Vegetables with Sauce

Heat up the wok with 25g of cooking oil at medium-low heat. Add the mixed vegetables, cherry tomato, green capsicum, pineapple cubes and diced red onions and stir fry till fragrant.

Add the sauce into the wok then toss and stir vigorously.

4. Oven-Bake Harvest Gourmet Schnitzel

Oven-bake your Harvest Gourmet Schnitzel from its frozen state at 180 Degree Celsius for around 12 to 15 mins.

Alternatively, if you do not have access to an oven, deep fry the Harvest Gourmet Schnitzel till it is golden brown.

5. Cook Garlic Egg Fried Rice

Heat up the wok with 15g of cooking oil at medium-low heat.

Add garlic, beaten egg into the wok and stir fry till fragrant.

Add white rice into the wok, toss and stir vigorously.

Add salt to taste and Maggi liquid seasoning and mix well.

CHECK OUT MORE RECIPES AT [GARDENGOURMET.COM](https://www.gardengourmet.com)