



HARVEST GOURMET STIR FRY MINCE WITH FRENCH BEAN RECIPE

INGREDIENTS

100 Grams Harvest Gourmet Stir Fry Mince
2 Cloves Minced Garlic
150 Grams Chopped French Bean
3 Teaspoons Cooking Oil
1 1/2 Teaspoon MAGGI® Liquid Seasoning No. 3
1 1/3 Tablespoon Vegetarian Oyster Sauce
1/2 Teaspoon Sugar
5 Tablespoons Water
1/2 Teaspoon Dark Soy Sauce
1 1/2 Tablespoon Potato flour
2 Teaspoons Water



PREPARATION

1. Prepare Seasoning

Add the Maggi Liquid Seasoning, oyster sauce, sugar, water and dark soya sauce into a bowl and mix well.

2. Prepare Potato Starch Mixture

Add the potato starch and 10ml of water into a small bowl and mix well.

3. Stir Fry Mince

Heat up the wok with the cooking oil at medium-low heat. Add the Harvest Gourmet Stir Fry Mince and stir fry for 2-3 minutes or until the colour changes.

4. Sauté Mince Meat and French Bean

Sauté garlic with the Harvest Gourmet Stir Fry Mince until fragrant, then add the French Beans and stir fry for 2 minutes till fragrant.

5. Add Seasoning and Stew

Add the seasoning previously prepared, turn to medium-high heat and stir fry & stew for 3 minutes.

6. Thicken with Potato Starch

Once cooked, thicken broth with potato starch mixture (as required) in the wok lastly until a good consistency is acquired.

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