

INGREDIENTS

- 3 Tablespoons Cooking Oil
- 1 Unit Shallots
- 4 Units Egg
- 2 Tablespoons Cooking Oil
- 5 Units Shallots
- 3 Cloves Garlic
- 3 Sprigs Bird's Eye Chilli
- 300 Grams Harvest Gourmet Stir Fry Mince
- 50 Grams Cauliflower
- 1 Cup Peas, Green, Raw
- 2 Stems Baby Corn
- 50 Grams Red Capsicum
- 50 Grams Yellow Capsicum
- 1 Unit Tomato
- 2 Tablespoons MAGGI® Tomato Ketchup
- 2 Tablespoons MAGGI® Chilli Sauce
- 1 Teaspoon Thick soya sauce
- 2 Teaspoons MAGGI® CukupRasa™
- 50 Milliliters Water



6 SERVINGS



22 MIN



EASY



Try this meat-free adaptation of Bistik Egg made with fried eggs topped with Harvest Gourmet Stir Fry Mince, chopped veggies, tomato sauce, and chilli sauce! It's easy to make at home, very delicious, and perfect for the busy Mum.

PREPARATION

1. Preparation of Fried Eggs

Mix the eggs in a bowl. Heat oil and fry the eggs to make an omelette. After cooking, place on a plate.

2. Sauce Preparation

Heat cooking oil, fry shallots and garlic until fragrant.

3.

Add bird's eye chillies, Harvest Gourmet® Stir Fry Mince, cauliflower, peas, baby corn, capsicums and tomatoes. fry everything until well.

4.

Mix in MAGGI® Tomato Sauce, MAGGI® Chili Sauce, soy sauce, MAGGI® CukupRasa and water.

5.

Simmer all ingredients over medium heat.

6.

Pour the gravy over the omelette.

Recipe created by SHARIFAH HAMIDAH

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NUTRITIONAL INFORMATION

TYPICAL VALUES	PER SERVING
CARBOHYDRATES	12.4 Grams
ENERGY	306.6 Kilocalories
FATS	21.9 Grams
PROTEIN	14.2 Grams