

INGREDIENTS

🍴 4 SERVINGS

🕒 30 MIN

1 pack Garden Gourmet Vegetarian Balls

200 g pearl couscous

2 red and 1 green bell pepper

1 large onion

1 garlic clove

700 ml vegetable broth

2 cans diced tomatoes (around 400 grams each)

a splash of (vegan) cream

2 tsp smoked paprika

a small bunch of parsley (for garnishing)

oil for frying

CULINARY TIP**Serving suggestion.**

Delicious with a salad of e.g. lamb's lettuce, tomatoes and cubes of feta cheese. With a dressing of red wine vinegar, olive oil and a teaspoon of honey and a teaspoon of mustard

This heartwarming Couscous dish Goulash made with Garden Gourmet Vegetarian balls is really quick and easy to make with only one pan needed!

PREPARATION**1. Sautéed onions and bell peppers**

Cut the onion into half rings and chop the garlic. Cut the bell pepper into strips. Fry everything in a casserole for about 10 minutes in plenty of oil, sprinkle with the paprika powder and fry gently for a few more minutes.

2. Cook the couscous

Add the couscous and stock and bring to the boil. Let it simmer for about 8 minutes until the couscous is just cooked.

3. Simmer the vegetarian balls in sauce

Fold in the vegetarian balls and add the diced tomatoes. Bring to a boil and let it simmer for about 5 minutes until the balls are completely warm.

4. Stir, sprinkle, and serve!

Season with (if necessary) salt and pepper. Stir in a dash of cream through the goulash and sprinkle with coarsely chopped parsley.

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