

INGREDIENTS

 4 SERVINGS

 25 MIN

 EASY

2 packs of Garden Gourmet Vegetarian Balls
1 onion (shredded)
200 g whole grain rice
100 g drained black beans (cooked)
150 g corn
1 can tomato cubes
½ red chili (cutted in rings)
1 tbsp ground cumin
1 tbsp ground coriander
4 sprigs fresh coriander
2 tbsp plant based oil

Try this vegetarian recipe made of our Garden Gourmet balls accompanied by peppers, black beans, corn and rice.

PREPARATION

1. Cook rice with the stock

Heat the oil in a pan and fry half of the onion with the rice until glassy. Add the stock and cook about 15 minutes.

2. Cook the beans

Add the beans to the rice for the last 5 minutes.

3. Cook Garden Gourmet Vegetarian balls

Prepare the Garden Gourmet Vegetarian balls according to the instructions on the package.

4. Remove the rice and stir-fry veggies

Remove the rice from the pan and stir fry the remaining half of the onion, bell peppers and chili in the pan for 2 minutes. Add the spices and cook for half a minute.

5. Add tomatoes and simmer

Add the tomato cubes in the pan and simmer for 15 minutes.

6. Add the Vegetarian balls and corn

Spoon the balls and corn in the pan for the last 5 minutes.

7. Serve, garnish, and enjoy!

Serve the rice with the balls and the chili sauce. Garnish with coriander.

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