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Greenforce mince alternative stuffed peppers

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Preparation time: 30 min

Cooking time: 45 min

Total time: 1 h 15 min

Difficulty: easy

Portions: 4 People

0.5 Pack(s) GREENFORCE organic mince

4 pc bell peppers

1 pc onion

1 Clove(s) garlic

150 g wild rice

150 ml vegetable stock

3 tb tomato purée

1 tb oil

2 Stem(s) parsley

100 g vegan grated cheese substitute

2 ts sweet paprika powder

Some Salt and pepper

For the tomato and paprika sauce:

2 Handful cherry tomatoes

1 tb oil

50 ml vegetable stock

0.5 ts paprika powder

Some Salt and pepper

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1. Preheat the oven to 180 °C top/bottom heat.

2. Wash the bell peppers, cut them lengthwise and core them.

3. Cook the rice according to package instructions.

4. Peel and finely chop the onion and garlic.

5. Fry GREENFORCE organic mince in a frying pan together with the onion and garlic. Add the parsley, tomato purée and 150 millilitres of stock to the mince alternative and leave to simmer for another 5 minutes. Season with salt, pepper and paprika.

6. Now make the sauce: heat the oil in a frying pan. Wash, halve and fry the tomatoes briefly in the pan. Deglaze with vegetable stock, mix in vegan cream cheese alternative, leave to simmer and season to taste.

7. Add the rice to the frying pan with the mince and mix it all together. Stir in the oil and sear briefly.

8. Fill the bell pepper with the rice and mince mixture, sprinkle with the cheese alternative, place on a baking tray and spread the tomato and paprika sauce over the top.

9. Bake for 20 to 25 minutes until the crust has turned golden-brown. Tastes great with salad.