



BELL PEPPERS IN A RING OF RICE



QimiQ BENEFITS

- Smooth and creamy consistency in seconds
- Full taste with less fat content



25



easy

INGREDIENTS FOR 4 PORTIONS

FOR THE RICE

- 250 g** Brown rice
- 500 ml** Clear vegetable stock
- Salt

FOR THE BELL PEPPERS

- 125 g** QimiQ Sauce Base
- 2** Large onion(s) 200 g each, diced
- 2 tbsp** Olive oil
- 2 tbsp** Tomato paste
- 180 g** Red bell pepper(s), roughly chopped
- 180 g** Green bell pepper(s), roughly chopped
- 180 g** Yellow bell pepper(s), roughly chopped
- 2** Garlic clove(s), finely chopped
- 200 ml** Clear vegetable stock
- Basil
- Oregano
- Bay leaf
- Salt
- Cayenne pepper

METHOD

1. For the rice ring, cook the rice in the stock. Place into a ring mold and keep warm.
2. For the peppers, fry the onions in olive oil until soft. Add the tomato puree and continue to fry for a few minutes.
3. Add the bell peppers and garlic. Douse with stock, season to taste and continue to cook until tender.
4. Stir in the QimiQ Sauce Base and bring back to a boil. Continue to cook until the required consistency has been achieved.
5. Tip the rice out of the mould and serve with the bell peppers.