



BELL PEPPERS IN A RING OF RICE



QimiQ BENEFITS

- Smooth and creamy consistency in seconds
- Creamy indulgent taste with less fat
- Problem-free reheating possible
- All natural, contains no preservatives, additives or emulsifiers



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easy

INGREDIENTS FOR 10 PORTIONS

FOR THE RICE

500 g Brown rice

1 litre(s) Clear vegetable stock

Salt

FOR THE BELL PEPPERS

250 g QimiQ Sauce Base

400 g Onion(s), coarsely chopped

60 ml Olive oil

60 g Tomato paste

360 g Red bell pepper(s), roughly chopped

360 g Green bell pepper(s), roughly chopped

360 g Yellow bell pepper(s), roughly chopped

4 Garlic clove(s), finely chopped

400 ml Clear vegetable stock

Basil

Oregano

Bay leaf

Salt

Cayenne pepper

METHOD

1. For the rice: cook the rice in the stock at 210° F with steam in the Convotherm. Place into 2 rings and keep warm.
2. For the bell peppers: fry the onions in olive oil until soft. Add the tomato puree and continue to fry for a few minutes. Add the bell peppers and garlic. Douse with stock, season to taste and continue to cook until tender.
3. Stir in the QimiQ Sauce Base and continue to cook until the required consistency has been achieved.
4. Tip the rice out of the ring, and serve the bell peppers in the middle of the rice.