

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

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.

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

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