

INGREDIENTS

1 pack Garden Gourmet Sensational Mince
6 peppers, color of choice
1 white onion
1 garlic
400 g canned kidney beans
400 g canned tomato cubes
1 red pepper
100 g rice
parsley, to finish
pepper and salt



Create your own vegan Scary Pepper Family using Garden Gourmet Sensational Mince. Pick your pepper colors and bring these deliciously spooky peppers to life!

PREPARATION

1. Cook the rice

Cook the rice according to the package instructions and let the rice drain.

2. Chop the veggies

Finely chop the white onion, garlic and red pepper.

3. Stew onion and garlic

Stew the onion and garlic for about 3 minutes.

4. Bake the Sensational Mince in stew

Add the Sensational Mince and bake for a few minutes, until golden brown.

5. Add kidney beans and tomatoes and simmer away

Add the kidney beans and tomato cubes, season with pepper and salt and let it simmer for 15 minutes.

6. Preheat the oven

Preheat the oven to 200 degrees.

7. Cut off the peppers' tops and hollow them

Cut the cap off the peppers and hollow it out.

8. Put creativity and emotions on the peppers

With your little ones, make your peppers scary faces. Eyes, nose, mouth, let your imagination drive you!

9. Stir the rice in the sauce

Stir the rice in the sauce and mix gently with the sauce.

10. Scoop the mixture into the peppers

Scoop the rice with tomato sauce in the peppers. Your little one can help you with this step with a spoon.

11. Bake the stuffed peppers

Place the stuffed peppers in the middle oven the oven for about 15 minutes, until the peppers are well cooked.

12. Have a fun and delicious Halloween!

Finish with parsley and serve immediately.

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