

**Garden
Gourmet**

MINCE MADE FOR VERSATILITY

This high-protein **GARDEN GOURMET® Vegan Mince** means you can create a delicious variety of satisfying dishes the plant-based way. It soaks up seasoning beautifully for maximum taste, giving you the flexibility to add signature flavours. Create a rich Pasta Bolognese or a Chili Sin Carne that fills and thrills. You can also recreate minced meat menu favourites using our **GARDEN GOURMET® Vegan Mince**.



Serving Suggestion

VEGETARIAN CHILLI

A hearty veggie chilli recipe even meat eaters will admit it tastes heavenly. Our incredibly versatile **GARDEN GOURMET® Vegan Mince** allows you to enjoy the flavourful plant-based meat in its best company: gently fried onion, peppers, celery, garlic and the finest spices. Add the white rice into the mix and you've got a new staple comfort dish – the plant-based chilli putting all your vegetarian ingredients to good use.

10 | 40 mins | Medium

26.6g
Protein **per serving***

*protein analysis per 436g serving

INGREDIENTS

GARDEN GOURMET® Mince	800g	MAGGI® Rich and Rustic Tomato Sauce	2 x 400g cans
Olive oil	1½ tbsp	Kidney beans in unsalted water, washed and drained	2 x 400g cans
Onions, finely chopped	2	MAGGI® Vegetable Bouillon	20g
Red peppers, finely chopped	2	TO SERVE	
Green peppers, finely chopped	2	Uncooked rice	450g
Sticks of celery, finely chopped	2	Reduced fat soured cream (optional)	150g
Garlic cloves, finely chopped	5	Guacamole	150g
Ground cumin	2 tbsp	Fresh tomato salsa	150g
Smoked paprika	1 tbsp		
Red chilli, finely chopped (optional)	2		

PREPARATION METHOD

- Heat the oil and fry the onion, peppers, celery, garlic, cumin, smoked paprika, vegetable bouillon and chilli, (if using) for 5 minutes until softened.
- Add the tomato sauce and kidney beans and cook for 10 minutes.
- Cook the rice according to the pack instructions.
- Meanwhile stir the frozen mince into the chilli sauce and heat through for 5-6 minutes.
- Serve the chilli with the rice and add your toppings – soured cream, guacamole and salsa.

Each portion typically contains:

Energy 2166 kJ 515 kcal	Fat 13.4 g	Saturates 3.1 g	Sugars 14.0 g	Salt 1.74 g
26%	19%	16%	16%	29%

of an adults Reference intake (RI)*
Energy per 100g: 497 kJ/118 kcal.

CHEF'S TIPS

- If you want to make the most of this vegetarian chilli recipe while in a hurry, we've got a few tips. When you don't have time to make the sauce from scratch, look out for tomato sauces with added vegetables or add some grated carrot and frozen peas to boost your veggie intake!
- As our mince is vegan, this recipe can be made vegan by substituting the sour cream with oat fraiche.
- Garnish with fresh coriander and serve.