

## TOMATOES STUFFED WITH VEGAN MINCE

### INGREDIENTS:

200 g brown rice  
1 large or 2-3 small beets  
4-5 large tomatoes  
handful spinach  
1 packaging "Z Gruntu Dobre" vegan mince  
olive oil  
cumin seeds  
ground coriander  
turmeric  
some parsley  
salt  
sprouts for decoration

---

### PREPARATION:

1. Cook the brown rice on the side burner. Peel the beets, grill, cool and dice them. Chop spinach and parsley leaves.
2. Prepare the stuffing: mix vegan mince with rice, spinach, parsley and beetroot. Season with turmeric, cumin, salt and olive oil.
3. Hollow tomatoes, pour olive oil and stuff them with the prepared filling. Pour olive oil on top. Place some water-soaked sticks under the grill to give the tomatoes a lovely smoky aroma.
4. Place the tomatoes on the hot grill and grill until tender. Serve sprinkled with sprouts and olive oil.