

Riz blanc, sauce pois et boulettes de viande

White rice, bean sauce & meatballs

SERVES
10

TOTAL TIME
~1 hr 15 min



! Start the bean sauce first. It is the longest step at about 40 minutes – get it simmering, then move on to the rice and meatballs.

1 White rice

15–20 min

INGREDIENTS

Rice	~1 kg
Water	2× rice vol.
Oil	2 tbsp
Leek	½ stalk
Salt	to taste

METHOD

- Sort and wash the rice thoroughly.
- Bring the water to a boil with the oil, salt, and leek.
- Add the rice and cook until all the water is absorbed.

2 Bean sauce

~40 min · start first

INGREDIENTS

Dry beans / peas	~200 g
Oil	1–2 tbsp
Butter	1 tsp
Leek, garlic, celery, parsley	to taste
Bell pepper, hot chili	to taste
Cloves, pepper	pinch
Maggi cube	¼

METHOD

- Sort, clean, and wash the beans well.
- Cook in water until fully soft, then blend into a creamy purée.
- Heat the oil, add butter, aromatics, and seasonings.
- Stir the purée in well and adjust the salt.

3 Meatballs & sauce

30–35 min

INGREDIENTS

Ground meat	~400 g
Flour	2–3 tbsp
Leek, garlic, parsley, celery	to taste
Bell pepper, onion	¼ each
Tomato	1 medium
Tomato paste	1 tbsp
Carrot, potato	1 small ea.
Lemon juice + vinegar	1 tbsp ea.
Oil + butter	1 tbsp ea.
Maggi cube	¼
Salt	to taste

METHOD

- Clean the meat with the lemon juice and vinegar.
- Season and marinate for 10–15 minutes.
- Mix with flour, shape into balls, and fry until golden.
- In the same pan, sauté the tomato paste with diced vegetables and spices.
- Return the meatballs to the pan and cook until fully done.

