



PASTA INDUSTRY

Delicious recipes with

**organic** → pasta

from Greece

# HELIOS Spaghettini with olive oil & grilled sardines



## Ingredients:

- 500g HELIOS Organic Spaghettini 10
- 6 garlic cloves, thinly sliced
- 1 tsp red pepper flakes
- a bunch of parsley, chopped
- 50 ml olive oil
- 12 large sardine fillets
- salt
- pepper



## Preparation:

Cook spaghettini in 5 liters of salted water, 2 minutes less the packaging instructions. Drain, reserving 1 cup of cooking water, and keep warm. While spaghettini cooks, prepare sauce. Sauté garlic slightly over medium heat. When it turns golden, add red pepper flakes and reserved water. Add spaghettini along with parsley and mix well. Keep pasta warm. Grill sardines skin-side down in a hot pan. Once grilled, upside down and remove from heat. Top spaghettini with hot grilled sardines, and serve with freshly ground pepper.



# HELIOS Tagliatelle with shellfish



## Ingredients:

- 500g HELIOS Organic Tagliatelle
- 6 mussels
- 6 smooth clams
- 6 cherrystone clams
- 6 scallops
- 300 ml white wine
- 1 tsp garlic pulp
- ½ bunch of parsley, chopped
- 1 tbsp olive oil
- 1 tbsp cow butter
- salt
- pepper



## Preparation:

Cook tagliatelle in 5 liters of salted water, 2 minutes less than packaging instructions. Drain and add oil. Meanwhile, in a large skillet, pour in wine, add garlic pulp and butter, and steam shellfish. Once opened, transfer to another skillet. ANY SHELLFISH THAT HAVEN'T OPENED SHOULD BE THROWN AWAY. Add tagliatelle to first skillet. Stir well and season with parsley. Salt and pepper. When pasta absorbs sauce, serve it immediately in the centre of the plate, arranging the shellfish around it.

# HELIOS Linguine with Grey Mullet Roe Bottarga



## Ingredients:

- 500g HELIOS Organic Linguine
- zest of 2 lemons
- juice of 2 lemons
- ½ bunch of parsley, chopped
- 25g Grey Mullet Roe Bottarga powder
- 2 tbsp olive oil
- 20g cow butter
- salt
- pepper

## Preparation:

Cook linguine in 5 liters of salted water, 2 minutes less than packaging instructions. Drain, reserving 1 cup of cooking water and keep warm. In a pan, sauté slightly lemon zest in olive oil. It will give flavor to the olive oil. Pour in lemon juice. Add butter, reserved water, linguine and half Grey Mullet Roe Bottarga powder. Stir well. When pasta absorbs sauce, top with parsley. Serve immediately and season with the rest of bottarga powder.



# HELIOS Cut Macaroni with sausage and graviera cheese



## Ingredients:

- 400g HELIOS Organic Cut Macaroni
- 200g sausages
- 4 tomatoes, grated
- 100g graviera cheese (gruyere from Greece)
- 100 ml fresh cream
- 1 white onion, chopped
- 1200 ml chicken broth\*
- 8 tbsp olive oil
- salt
- white pepper powder



## Preparation:

In a large skillet, sauté sausages, onions and cut macaroni in olive oil. Pour broth\*, add fresh cream, grated tomatoes, and simmer while mixing well. Season with salt and pepper. Stir well. Transfer to a ceramic baking tray, sprinkle with plenty of gruyere cheese, and bake in a 200°C oven for about 20 minutes or until golden.

*\* It is possible to use commercial chicken broth cubes but, for best results, use homemade chicken broth, and preserve the boiled chicken for use in another recipe.*

# Enjoy life with HELIOS Organic Pasta!

HELIOS organic pasta is made from 100% durum wheat semolina or alternative grains of certified organic culture. It preserves all of its nutritious ingredients intact, tastes great, and it is ideal for the whole family.

HELIOS organic pasta range includes whole-wheat organic pasta made from 100% whole durum milled organic semolina. Thanks to its processing method, all parts of the grain remain, giving it extra fibre, vitamin B, various inorganic salts and proteins.



HELIOS Pasta Industry  
is certified according to Council

Regulation No 834/2007 by DIO, the Organisation for Inspection and Certification of Organic Products ([www.dionet.gr](http://www.dionet.gr)),  
and in accordance with the requirements of the equivalent USDA NOP.



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