



PASTA INDUSTRY

Delicious recipes
with gluten free

organic → Cous Cous



HELIOS Organic Cous Cous
is ready to serve in just a few minutes,
and you can enjoy it in a wide variety of recipes.

It is easy to prepare and quick-cooking, ideal for both cold and hot plates, traditional and ethnic recipes, salads and desserts. It is healthy, easy to digest and has a pleasant flavor.



HELIOS organic cous cous is gluten free, rich in dietary fibers and low-fat. This makes it ideal for people with celiac disease, or with intolerance to allergenic products and its derivatives, as well as for athletes or people opt for a healthier lifestyle!



Buckwheat cous cous with smoked salmon



4 PORTIONS

Ingredients:

- 120 g HELIOS Buckwheat Cous Cous
- 150 ml water
- 100 g smoked salmon
- 2 green onions
- Salt
- Juice of ½ lemon
- Olive oil
- Parsley (for garnish)



Preparation:

Place cous cous in a large bowl, pour hot water over it, add salt, pepper, a little olive oil, and stir. Cover bowl with plastic wrap and let rest for 5'. Chop onions and toss with cous cous and lemon juice. Slice salmon, and serve with cous cous. Garnish with parsley.

Red lentil cous cous with beef



Ingredients:

- 240 g HELIOS Red Lentil Cous Cous
- 300 ml beef broth
- 500 g beef, finely sliced
- 2 medium red peppers, in sticks
- 2 green onions, finely chopped
- 2 tbsp mustard with honey
- Salt, pepper
- Olive oil



Preparation:

Slice beef thinly and let apart. In a small saucepan, boil beef broth and remove from fire. Place cous cous in a large bowl, pour beef broth over it, add salt, pepper, a little olive oil and stir. Cover bowl with plastic wrap and let rest for 5'. In a large skillet, sauté beef in olive oil for about 1-2'. In the same skillet, sauté peppers and onions. Place again beef in skillet. Add salt, pepper and mustard. Cook for about 1-2'. Mix beef and peppers with cous cous or serve separately.

Corn & rice cous cous with roasted almonds, pomegranate and cinnamon



4 PORTIONS

Ingredients:

- 240 g HELIOS Corn & Rice Cous Cous
- 300 ml water
- 50 g sliced blanched almonds
- 75 g dried apricots, finely chopped
- 75 g pomegranate seeds
- 2 tbsp sugar
- 2 tsp cinnamon



Preparation:

Cook sugar and water until sugar dissolves. Remove from fire. Place cous cous in a large bowl, pour hot water with sugar over it and stir. Cover bowl with plastic wrap and let rest for 5'. Preheat oven to 180°C. Roast almonds for about 6' until golden. Add almonds, apricots, pomegranate seeds to couscous and stir. Place in small baking molds, sprinkle with cinnamon and serve.



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