



# Amazing recipes with Dino pasta



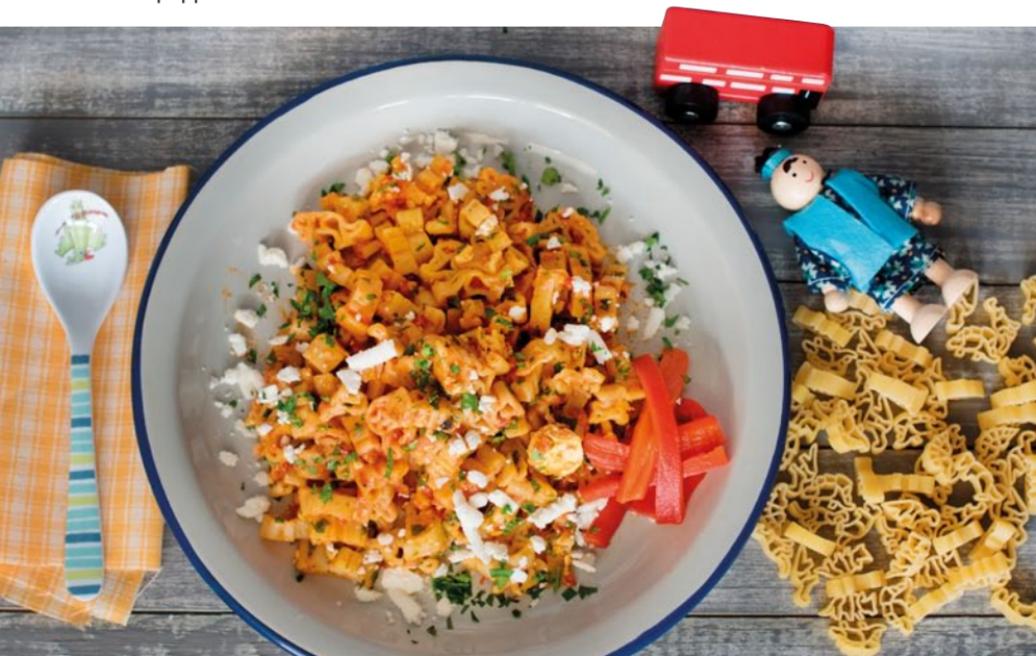
# Dinosaurs pasta with feta cheese and roasted peppers

## Ingredients

- 500g HELIOS Little Dinosaurs Pasta
- 200g feta cheese, crumbled
- 200g red bell peppers, whole and roasted
- 100g red sweet peppers, in stripes
- 100ml olive oil
- 1 tbsp chives, chopped
- Salt and pepper

## Preparation

Cook HELIOS little dinosaurs pasta in salted water for 2' less than the time indicated on the package. Drain and cool pasta with running water. Mash peppers with olive oil. Transfer pepper purée to a large pot, add drained pasta, blend and simmer for 2'. Serve immediately with crumbled feta cheese and chives.





## Baked Dinosaurs pasta with ham and 4 cheeses

### Ingredients

- 500g HELIOS Little Dinosaurs Pasta
- 150g kefalotyri cheese, grated
- 150g pecorino cheese, grated
- 150g gruyere cheese, grated
- 150g soft feta cheese, in cubes
- 500ml milk cream, at room temperature
- 250g ham, in stripes
- Salt and pepper

### Preparation

Preheat oven to 200°C air temperature. Cook HELIOS Little Dinosaurs pasta in salted water for 4' less than the time indicated on the package. Mix all cheeses together. Drain Little Dinosaurs pasta and put it back to the pot. Pour cream over pasta. Add enough pepper and little salt. Add  $\frac{3}{4}$  of cheese mix and stir well. Transfer to ovenproof dish. Sprinkle with remaining cheese and bake in oven until golden for about 10'. Serve immediately.

# Have fun & learn while eating!



**HELIOS Little Dinosaurs**, made from 100% Greek durum wheat semolina, are an **exceptional source of energy**, carbohydrates and nutrients, as part of a balanced diet. Children will love to play and eat with their favourite dinosaurs and parents can rest assured that they are giving them **nutritious food**. Quick and easy to boil, they can be cooked and eaten plain, with a child's favourite sauce or used in oven-baked recipes. Ideal for an enjoyable and educational meal at any time of day, they are also an inspired idea for children's parties and a lot more besides.

Discover the whole range of HELIOS high-quality pasta for kids "kid-do pasta", specially created to pique the curiosity of the young "explorers" in our life and to turn each everyday meal into an enjoyable game for the whole family. Furthermore, children can learn from all the symbols and shapes of this range, which are inspired by daily life, nature, the Greek language, the Latin alphabet, mathematics, the Japanese Katakana syllables and the animal kingdom.



## PASTA INDUSTRY

PANAG.SP. DAKOS S.A. PASTA & FOOD PRODUCTS

11<sup>th</sup> KM NAT.ROAD ATHENS - LAMIA, 14451 METAMORFOSSIS ATHENS, GREECE

T: +30 210 2840140 - 7, F: +30 210 2816787

e-mail: [welcome@heliospasta.gr](mailto:welcome@heliospasta.gr) | [www.heliospasta.gr](http://www.heliospasta.gr) | [f/heliospasta](https://www.facebook.com/heliospasta)

*This brochure was printed with eco-friendly inks and water-based varnish.*

