



Cooking with
kid-do pasta



Inspired by kids
**We make
great
pasta**





Oven-baked Little Animals Pasta with yogurt cream, broccoli and turkey

Ingredients

- 500g HELIOS Little Animals Pasta
- 500g turkey fillet, diced
- 250g broccoli, cut into florets
- 4 tbsp balsamic vinegar
- salt, pepper

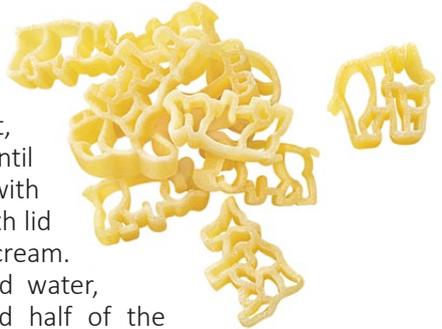
For yogurt cream

- 500ml milk, slightly warm
- 100ml water
- 50g flour
- 50ml olive oil
- 200g yogurt
- 150g kefalotyri (hard cheese or parmesan cheese), grated

Preparation

Cook HELIOS Little Animals Pasta in salted water for 4-6'. Drain, salt and sprinkle with olive oil. In a large skillet, sauté turkey for a few minutes until golden. Add broccoli and quench with balsamic vinegar. Season and cover with lid for 5-7'. Meanwhile, make yogurt cream. Sauté flour in olive oil. Add milk and water, stirring constantly with a whisk. Add half of the kefalotyri (hard cheese) and yogurt. Mix cream with pasta, broccoli and turkey with skillet liquor. Finally, sprinkle with the remaining kefalotyri (hard cheese) and bake in grill oven on high heat for 4-5'.

Tips: *Balsamic vinegar gives a rich flavor to nutritious broccoli and creates a delicious combination with turkey. Everyone will love a light au gratin, rich in yogurt probiotics.*



HELIOS Little Animals Pasta, made from 100% Greek durum wheat semolina, are an exceptional source of energy, carbohydrates and nutrients, as part of a balanced diet.

Children love discovering the exotic jungle animals (lions, hippos, elephants, monkeys, antelopes) and playing with their favorite farm animals (cows, piglets) while enjoying their delicious meal!



Discover all of the original shapes
in **HELIOS kid-do pasta!**

11/2020



PASTA INDUSTRY

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

11th KM NAT.ROAD ATHENS - LAMIA, 14451 METAMORFOSSIS ATHENS, GREECE

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

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



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