

Baked Cheese Athena with Nicosia dip and Taboulé Salat



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Category : 06 Vegetarian dish
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Source : Axel Dröge
Keywords : Hilcona & Alpenhain, Greece, Streetfood
Allergens : Gluten, Milk, Sesame seed

Yield: **10,0 Portion**

	per 100g / 100ml	%DV
Energy	909,59kj	11%
	217,40kcal	
Protein	8,09g	18%
Fat	12,76g	26%
-from which Saturated fats	4,60g	23%
Carbohydrates	17,24g	7%
-from which Sugar	1,77g	2%
Salt	1,3g	22%

Ingredients

1,500 kg ALPENHAIN Baked Cheese Athena, 30 x 75 g, IQF
 1,500 kg HILCONA-BW Tabbouleh salad, 1 kg
 0,220 kg Hummus, 1 kg
 0,030 kg HILCONA-BW Pesto Diavolo, 1 kg
 0,050 kg Greek yogurt
 0,003 kg Parsley, chopped
 0,300 kg Cherry tomatoes on the vine
 0,020 l Olive oil
 0,003 kg Sea salt, coarse
 0,001 kg Black pepper, fresh from the mill
 0,015 kg Coriander bunch

Procedure

Preparation:

- Assemble all the ingredients
- To make the dip:
 - o Mix the humus, pesto, yoghurt and parsley until smooth
- Cut the cherry tomatoes in halves

Method:

- Bake the Athéna cheese in the oven at 140° with hot air for 15 minutes
- Season the cherry tomatoes with olive oil, sea salt and pepper
- Dress all the ingredients and garnish with the coriander

Suggestion:

- For a little variation you can add sliced dried apricots to the couscous

The nutritional and allergenic information on this recipe refers to the products with which we developed the recipe at that time. These products may differ in allergenic and nutritional content to products that you are using for your recipe and product declarations to your clients.