



PUMPKIN SEED MOUSSE



QimiQ BENEFITS

- Quick and easy preparation
- Foolproof
- Enhances the natural taste of added ingredients



15



easy

INGREDIENTS FOR 4 PORTIONS

125 g QimiQ Classic, unchilled

250 g Low fat quark [cream cheese]

100 g Pumpkin seeds, roasted

80 ml Pumpkin seed oil

Salt and pepper

Pumpkin seeds, to garnish

Frisée lettuce, to garnish

METHOD

1. Whisk QimiQ Classic smooth. Add the quark and pumpkin seeds and mix well.
2. Fold in the oil and season with salt and pepper.
3. Chill for at least 4 hours (preferably over night).
4. Scoop small dumplings out of the cold mixture with a dessert spoon and serve on frisee salad sprinkled with pumpkin seeds.