



# KRYSSOS FETA MOUSSE WITH TABOULI SALAD AND TZATZIKI



## QimiQ BENEFITS

- Creamy indulgent taste with less fat
- Longer shelf life without loss of quality
- Quick and simple preparation
- One bowl preparation



15



easy

## INGREDIENTS FOR 10 PORTIONS

### FOR THE FETA MOUSSE

- 300 g** QimiQ Whip, chilled
- 40 ml** Olive oil
- 100 ml** Whipping cream 36% fat
- 230 g** Kryssos Feta cheese, diced
- 10 g** Chives, minced
- Oregano, as required
- Red pepper flakes, as required
- Salt and pepper, as required
- Garlic paste, as required

### FOR THE TABOULI SALAD

- 500 g** Bulgur (precooked, hulled wheat grain)
- 1 litre(s)** Water, warm
- 20 g** Parsley, minced
- 5 g** Mint, minced
- 1** Onion(s), diced
- 200 g** Cucumber(s), diced
- 200 g** Tomato(es), diced
- 50 ml** Olive oil
- 70 ml** Lemon juice, fresh
- 4 g** Lemon peel
- 15 g** Garlic paste
- Salt and pepper, as required

### FOR THE TZATZIKI

- 200 g** QimiQ Classic, room temperature
- 140 g** Greek style yogurt
- 3 g** Mint, minced
- 3 g** Dill, minced
- 360 g** Cucumber(s), peeled, shavings
- 60 ml** Olive oil
- 25 g** Garlic paste
- Salt and pepper, as required

## METHOD

1. For the feta mousse: whip the cold QimiQ Whip until completely smooth (ensuring that the entire mixture is incorporated, especially on bottom and sides of bowl).
2. Add the remaining ingredients and continue to whip until the required volume has been achieved. Season to taste and chill.
3. For the tabouli salad: soak the bulgur in warm water. Add the remaining ingredients and mix well.
4. For the tzatziki: whisk the unchilled QimiQ Classic smooth. Add the Greek style yoghurt and whisk smooth. Add the remaining ingredients and mix well. Season to taste.

5. Serve the tabouli salad with the feta mousse and tzatziki.