



COURGETTE PUFFERS WITH BELL PEPPER SAUCE



QimiQ BENEFITS

- Problem-free reheating possible
- Binds with fluid - no separation of ingredients
- Smooth and creamy consistency in seconds
- No additional binding necessary

25

easy

INGREDIENTS FOR 4 PORTIONS

150 g QimiQ Classic, room temperature

1 Zucchini, finely diced

20 g Butter

150 g Low fat quark [cream cheese]

150 g Wheat semolina, fine

2 Egg yolk(s)

Salt

Pepper

Nutmeg

Sunflower oil, to fry

FOR THE SAUCE

250 g QimiQ Sauce Base

0.5 small Onion(s), finely diced

2 Red bell pepper(s), finely diced

1 tbsp Butter

100 ml Clear vegetable stock

1 tsp Paprika powder

Salt
Pepper

METHOD

1. Cook the courgettes until firm to the bite and allow to cool. 2.
- Whisk QimiQ smooth. Add the quark, semolina, egg yolk and seasoning and mix well. 3
- Knead the courgettes into the dough, season to taste and allow to rest over night. 4.
- Form puffers and fry on both sides until golden brown. 5.
- For the sauce: fry the onion and bell peppers in butter.6.
- Add the vegetable stock, paprika powder and seasoning and bring to a boil. 7.
- Stir in the QimiQ Sauce Base and adjust the seasoning.8.
- Serve the courgette puffers on the bell pepper sauce.