

Recipe for Couscous balls

Ingredients

500g	low fat cheese
1	egg
½ piece	red paprika
75-100g	smoked salmon
75g	couscous
	rocket or parsley
	salt pepper

Preparation

- Put the low fat cheese into a bowl
- Add the egg
- Prepare, chop the paprika and add
- Chop and add the smoked salmon
- Add the couscous
- Prepare, dry, chop and add the rocket or parsley
- Add spice to taste
- Use an ice cream scoop to form the balls and place the balls
- Place the steam tray in upper position (position 3 above the vegetables)
- STEAM HIGH (100°C) / 10 minutes
- Serve with ajvar dip and vegetables

(this recipe makes 750g = approx. 12 couscous balls at 60g)