

Smoked Trout Fettuccini with Gournay Cream Sauce



Ingredients:

- 1 box fettuccini pasta
- 1 smoked trout fillet, pin bones removed
- 1 cup Gournay cheese such as Boursin
- 1 cup red onion, roughly chopped
- 1/2 cup reduced-fat half and half
- 1/4 cup capers
- 1/4 cup fresh dill
- 1/4 cup grated Parmesan
- Freshly ground black pepper

Directions:

- 1) Cook the pasta according to package directions for al dente, drain and set aside.
- 2) Place all of the remaining ingredients in a food processor and pulse several times until the ingredients are combined.
- 3) Transfer the trout mixture to a deep saucepan and heat over medium heat until the cheese has melted and the sauce has thickened.
- 4) Add the pasta to the pan and toss to coat. Leave the pan on the burner for 1 minute until the pasta is heated through.
- 5) Serve the trout pasta hot with a sprinkle of fresh dill and freshly ground black pepper.