

Cucumber Tagliatelle and Smoked Trout with a Dill Sauce



Discover our delicious recipe for Cucumber Tagliatelle with Smoked Trout and Dill Sauce. This refreshing and flavorful combination is perfect for light meals. Get ready to tantalize your taste buds with this quick and easy-to-make recipe that's sure to impress.

Preparation 10 min

Cooking 0 min

Servings 2

Nutrition Facts (per serving)

Calories 130

Fat 5

Carbohydrates 10

Fibre 2

Protein 14

Sodium 250

Ingredients

- 1 English cucumber
- ½ French shallot
- 70 g smoked trout, in pieces

Dill sauce:

- 125 ml (½ cup) plain greek yogourt, 2%
- 30 ml (2 tbsp) fresh dill, chopped
- 15 ml (1 tbsp) lemon juice
- Salt and pepper, as desired

Preparation

1. Using a spiralizer or a peeler, slice the cucumber in the shape of tagliatelle.
2. Mix the cucumber and the shallot.
3. Prepare the dill sauce by mixing all the ingredients together.
4. Serve the cucumber tagliatelle with the dill sauce.

Notes



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