

# Chaussons de Courgette a la Truite Fumée



**Serves 4    Prep 25 mins**

**Cooking 35 mins**

**Easy**

## **Ingredients**

1 sheet of puff pastry ready for use  
150g smoked trout  
a pack of baby courgettes  
small bunch of parsley, finely chopped  
1 egg yolk  
olive oil & seasoning

## **Sauce**

200g feta  
125g yoghurt  
125g boursin

1. Preheat the oven to Fan:180C/Gas 6. Wash the courgettes and chop off the ends. Cut in half lengthways and then slice thinly.
2. Put a small tbsp of olive oil in a frying pan and fry the courgettes for 10 mins. Season and add the chopped parsley. Cut the trout in strips and add to the courgettes. Let the mixture cool down.
3. Unroll the pastry and cut in half. Put a few spoonfuls of the mixture on one half and fold the other half over the mixture to make a parcel. Seal the edges well, brush the pastry with the beaten yolk of an egg with a little water added.
4. Put in the oven and bake for 25 mins until the pastry is golden brown.
5. Mix the feta, yoghurt and boursin and whip until creamy and set aside
6. Serve hot with a salad and the feta, yoghurt and boursin sauce.