

Albacore Tuna & Broccoli Fettuccine with Dijon Cream Sauce

2 tbsp butter
4 cups broccoli flowerettes
1 1/2 cups cream
3 tbsp Dijon mustard
Salt & pepper to taste
3 cups fresh Oregon Albacore Tuna loin or steak, cut into bite size chunks
1/2 cup grated parmesan cheese

Add the butter to a large sauté pan over medium heat. Add the broccoli and sauté for 5-6 minutes, or until the broccoli is just tender. Add cream and the Dijon mustard. Season to taste with salt & pepper. Reduce for 1-2 minutes to thicken. Add the tuna and continue to simmer until the tuna is barely cooked through. Toss in the noodles and half of the parmesan cheese. Mix thoroughly and heat the noodles through. Serve topped with the remaining parmesan.

(Courtesy of Chef Eric Jenkins – OSU Seafood Consumer Center)