Creamy Boursin Pasta

This tasty pasta will help you satisfy the occasional craving for creamy pasta without eating parmesan cheese, which can be a migraine trigger. That’s because aged cheeses like parmesan contain chemicals believed to cause migraines.

Ingredients (serves 2-3 large portions)

* 200g fettuccine pasta (or any shapes you have)
* 2 tablespoons butter
* 2 cloves garlic, minced
* 150ml single light cream
* 1 pot Boursin Garlic & Fine Herbs Cheese
* fresh pepper to taste
* parsley for garnish

Method

1. Cook pasta according to package directions and drain. Keep about a cup of pasta water just in case you need to thin out the sauce later.
2. Meanwhile melt butter in a large saucepan and cook the garlic for a minute or two until fragrant, but not brown. Add cream and bring the sauce to a simmer, about 5-7 minutes, until nice and thick.
3. Turn the heat to low and add Boursin cheese, stirring until melted and fully mixed in. Add black pepper to taste.
4. Add drained pasta and toss everything to combine. Top with parsley for garnish

Healthy living tips

Use your favourite gluten free pasta to make this GF friendly

If the sauce is too thick, add 2 tablespoons of pasta water after adding the Boursin cheese until desired consistency is reached.

**Nutrition**

**Calories: 541kcal per serving**