

Pesce Spada al Pomodoro

Swordfish with Tomatoes

This simple but tasty recipe of swordfish is perfect for a main course served warm or hot.

Difficulty level: medium
cook time: 15-30 minutes
prep time: 10 minutes
serves: 4

Ingredients:

4 slices of swordfish (1,3 lb circa)
10 oz red tomatoes
1 tbs. lemon juice
1 clump of parsley
1 clove of garlic
3 tbs. of EVOO
¼ cup white wine
salt
pepper seeds



Clean the sword fish and place it in a terrine or a mixing bowl, cover it with the oil, the lemon juice; add the lightly pressed garlic, some pepper seeds and the parsley.

Let the whole thing marinate for 30 minutes, flip over the fish a couple of times. Meanwhile cook the tomatoes over boiling water, then peel them, remove the seeds and chop them.

Remove the fish from the marinate sauce, pour some of the sauce on a oven tray, put on top of it the copped tomatoes, add white wine, salt and pepper. Place on top of it the Sword Fish, put some marinate sauce over it and cook the fish in a oven (preheated at 374°) for 10 - 15 minutes circa. Serve hot or warm

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