

Swordfish with Tomatoes & Capers

Ingredients

4 swordfish steaks	1 tsp kosher salt
1 cup chopped yellow onion	3/4 tsp black pepper
1 cup chopped fennel	2 tbsp chicken stock
3 tbsp olive oil	2 tbsp dry white wine
1 tsp minced garlic	1/2 cup chopped fresh basil leaves
28 oz canned plum tomatoes, drained	2 tbsp capers, drained
	1 tbsp unsalted butter

Directions

For the sauce, cook the onions & fennel in oil in large sauté pan on medium-low heat for 10 minutes, until the vegetables are soft. Add the garlic and cook for 30 seconds. Add the drained tomatoes, smashing them in the pan with a fork, plus the salt and pepper. Simmer on low heat for 15 minutes. Add the chicken stock and white wine and simmer for 10 more minutes to reduce the liquid. Add the basil, capers and butter and cook 1 more minute.

Pre-heat grill. Brush the swordfish with olive oil and sprinkle with salt and pepper. Grill on high heat for 5 minutes per side until center is no longer raw. Do not overcook. Remove fish from grill and serve with sauce.

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