



Slices of Mediterranean Swordfish

Ingredients

4 slices of swordfish 70g of pitted black olives or "Taggiasche" 1 pack of Cirio Datterini Tomatoes 1 tablespoon of capers 1 tablespoon of pine nuts 1 clove of garlic extra virgin olive oil oregano, pepper, salt, black pepper to taste crushed chilly to taste

Preparation

1. Rinse the capers thoroughly to remove salt before frying in plenty of extra virgin oil along with the garlic clove and 1-2 crushed chillies (depending on the degree of spiciness desired).
2. Then add the olives, pine nuts and capers, sauté for a couple of minutes and add the tomatoes.
3. Add salt and pepper and cook for about 15 minutes, before placing the swordfish in the sauce and cooking for a further 15 minutes on a medium heat.
4. Turn the fish regularly to cook and absorb the flavours.
5. Then serve with a pinch of oregano.

