

Main Course

Swordfish Topped with a Mediterranean Salsa

**Gluten-Free*

This Mediterranean flare to this swordfish is a great balance for the robustness of what swordfish has to offer. This salsa also works well topped on a lot of other seafood or simply as a starter topped on some crostini.

You'll Need

- 1 piece of fresh swordfish
- ¼ cup of green olives Kalamata olives deseeded and chopped
- ¼ cup tomato, chopped
- ¼ cup onion, chopped
- 1/2 tablespoon balsamic vinegar
- 1 tablespoon extra virgin olive oil (EVOO)
- Salt and pepper
- Pinch of cayenne



Directions

- Preheat oven to 425 degrees.
- Place the swordfish in a small baking dish. Add salt, pepper, and a drizzle of olive oil.
- Mix olives, tomato, and onion together. Add salt and pepper to taste. Add balsamic vinegar and EVOO. Add cayenne pepper. Mix together.
- Pour salsa on top of swordfish. Place into pre-heated oven and cook for about 15 minutes. After 15 minutes, turn broiler to high and broil for 5 minutes.

Play with Your Food

- Add some freshly chopped parsley to final product after fish has been baked.
- Use a variety of heirloom tomatoes.
- You could also try this dish with salmon too.

Medwell Kitchen Tested