



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. .

