

This recipe can be prepared in 45 minutes or less.

Sauteed Swordfish with Balsamic Vinaigrette

Makes 2 servings



5 Tbsp. *Napoleon Extra Virgin Olive Oil*

2 - 1" *thick swordfish steaks*

1/4 cup *Napoleon Green Olives, finely chopped*

1/4 cup *Napoleon Fire-Roasted Red Peppers, drained and finely chopped*

3 Tbsp. *Fresh parsley leaves (preferably flat-leafed) finely chopped*

1 Tbsp. *Napoleon Capers, drained and finely chopped*

1 flat *Napoleon Anchovy Fillet, minced*

1 *small garlic clove, minced and mashed to a paste with 1/4 tsp. salt*

2 Tbsp. *Napoleon Balsamic Vinegar*

lemon wedges

In a skillet, preferably non-stick, heat 1 1/2 tablespoons of olive oil over moderately-high heat until it is hot, but not smoking. Saute the swordfish steaks, patted dry first, for 4 to 5 minutes on each side, or until they are just cooked through.

While the fish is cooking, in a small bowl, stir together the olives, roasted red pepper, parsley, capers, anchovy, garlic paste, scallion, vinegar, the remaining 3 1/2 tablespoons of olive oil, and salt and pepper to taste.

Transfer the swordfish to plates, spoon the sauce over it and serve with lemon wedges.

Variation: This recipe can be prepared with most white fish, including halibut steaks, tuna or sole.

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