



My Mustard Swordfish Rolls

NIBBLEDISH CONTRIBUTOR

Ingredients

2 slices of fresh swordfish fillet, each about 150 gr.
2 tbsp creamy mustard
2 tbsp mayonnaise
ground white paper
salt (optional)
1/2 tbsp green or black olives, chopped
1/2 tbsp fresh parsley, finely chopped
4 tbsp extra fine bread crumbs
2 tbsp dry mustard
corn oil

Instructions

Preheat oven to 190°C. Grease the bottom of a small baking pan with corn oil. Combine the mayonnaise with the creamy mustard into a small bowl, add the chopped olives and the parsley, stir with a spoon. Into a large plate combine the extra fine bread crumbs with the dry mustard. Sprinkle each fish fillet with white paper and salt. The salt is optional, because the mustard gives it's own particular taste and I don't like to add salt, but if you are a salt lover add it. Pour each fillet into a plastic bag and flat it lightly with the meat mallet. Remove from the plastic bags and pour one fillet into the plate with the bread crumbs and mustard mixture. Spread the up side with the mayonnaise mixture and roll the fillet into itself starting from the long side. Roll very well into the bread crumbs mixture and pour into the prepared pan. Repeat the same with the other fish fillet. Brush the top of

the rolls with corn oil. Pour in the preheated oven and bake about 20 - 25 minutes, or until the rolls are lightly brown and crispy. Serve warm.