



Mediterranean Swordfish

NIBBLEDISH CONTRIBUTOR

Ingredients

1 1/2 lbs Swordfish
10 Oz Artichoke Hearts, with juice
1 Lemon
1/4 Cup Mini Tomatoes
1/4 Cup Red Onions, Diced
2 Tbsp Flavored Olive Oil, i.e. Sundried Tomato

Instructions

The prepare mediterranean mix to go over swordfish, combine artichoke hearts with juice (use the ones that come in a glass jar and have the juice in the jar), lemon, mini tomatoes (cut in half) and diced onions. Mix together in a bowl and add olive oil. Let sit in juices for about 15-20 minutes.

Season swordfish with favorite seasoning i.e. fish or lemon pepper. In a pan, drizzle olive oil and turn heat to high. Once the oil is hot add swordfish. Cook each side for 4-5 minutes (depending on thickness). You don't want to overcook or undercook so watch over the swordfish. As it cooks you will see that it starts turning a white color from the pink and that's when it's time to turn over and cook other side.

If swordfish is in one piece cut in half and place on plate. Pour mediterranean mix over top and spoon the juice over the top. Since swordfish is a dry fish, it needs a sauce to soften it up. These flavors work very well together.

Serve with some baby potatoes, pasta, rice, green peas, asparagus or favorite side dish.

Serves 2.