

Flying Inspiration

Fly with the feminine

Gabriella Guglielminotti Trivel's recipes

Sword fish with capers & cherry tomatoes

Suggestions: a very tasty and quick to prepare fish dish which is full of minerals like sodium, iron, magnesium, calcium, potassium, zinc and vitamins of the B group, C, A, D, E and K.

Instructions

extra virgin
olive oil



sword fish



rosemary

cider



Fry at high heat a sword fish steak in extra virgin olive oil with some fresh rosemary. Turn the steak on both sides and after a while add some cider.

Cherry tomatoes



sea salt



black



Later on add some halved cherry tomatoes and capers and let it cook for a while. When the fish has finished reducing in size add some salt and black pepper on the steak and let it cook until the tomatoes have become soft. If you like olives you can also add them to the sauce.



dill



If it is getting too dry add some more cider and let it cook at low heat. Salt the tomatoes and add some finely chopped lemon zest on the steak. When you see that the tomatoes have reduced enough and the sauce is getting thick, switch off the heat and let it cool down a bit. Serve the steak with some chopped fresh dill on it with the sauce made with capers and cherry tomatoes.



If you like this recipe, I would like to read your comments!

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