

Grilled swordfish with confit tomatoes and pinenuts *(Seafood main dishes)*



Preparation

Cut your fresh tomatoes in half, arrange them on a baking tray, season them with salt, brown sugar, herbs and extravirgin olive oil. Bake for 1.30h at 140°. Toast the pinenuts in a nonstick pan. Season the swordfish with extravirgin oil and a pinch of coarse salt. Grill it over a high heat. Serve with your confit tomatoes and the toasted pinenuts.

Tips

Don't forget to pair your swordfish with a good white wine if possible from Sicily, such as an Alcamo.

Trivia

The fishermen from Calabria and Sicily use to pronounce some sentences in Greek while they catch the fish. This habit comes from an ancient tradition coming actually from Greece.

Information

Preparation 15 minutes

Total Time 90 minutes

Serves X Serves 2 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Swordfish 250 grams

Pine nuts 30 grams

Oil

Salt

Sugar

Herbs

Garlic 3 cloves

Cherry tomatoes