

Marciana Pianosa, Italy

Grilled Swordfish with Anchovy Rub

Ingredients:

Swordfish fillets
Tomatoes
Capsicum
Parsley
Red Onion
Vinegar
Olive Oil
Anchovies
Capers
Garlic

Method:

To make the salsa, chop tomatoes, capsicum, parsley and red onion into small cubes. Drizzle with some vinegar and olive oil, and put to the side.

Similarly, to make the anchovy rub, chop the anchovies, parsley and garlic, and mix with the capers.

Heat olive oil in the pan. Place the swordfish fillets onto the pan. Spread anchovy rub over the surface. Cook for two and a half to three minutes, then turn over. Spread some of the rub over the other side of the fish. Cook for another three minutes.

Serve with salsa.

