

Fresh Fish with Capers & Tomatoes



- 1 1/2 tbsp Bellissimo extra virgin olive oil
- 4 swordfish or other fresh fish steaks, each about 6 oz & 1/2" thick
- 1 1/2 tsp salt
- 1/2 tsp freshly ground black pepper
- 1/4 cup dry white wine
- 3 tomatoes, peeled, seeded, and chopped
- 1 tbsp capers, rinsed and drained
- 1 tbsp minced fresh flat-leaf parsley

In a skillet, heat the olive oil over medium high heat. Rub the fish steaks with 1 tsp of the salt and the pepper and place in the skillet. Cook, turning once, until golden brown, about 2 minutes each side.

- Add the white wine and stir to scrape up any bits on the pan. Reduce the heat to low and top each steak with an equal amount of the tomatoes and capers. Sprinkle with the remaining salt. Cook until the fish is just opaque throughout, 2, 3 minutes longer.
- Transfer the fish to warmed plates or a platter and garnish with the parsley. Serve at once.