

Swordfish Puttanesca

Yield: 6 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/anchovies-recipe-indian-style>

Ingredients:

- 6 tablespoons extra-virgin olive oil
- 6 swordfish steaks about 6 oz. each and ½" thick, skin removed
- kosher salt
- ground black pepper
- 3 cloves garlic finely chopped
- 2 anchovies in oil, finely chopped
- 3 cups canned tomatoes whole peeled, in juice, crushed by hand
- ¾ cup green olives large, pitted and roughly chopped
- ¼ cup capers rinsed and drained
- ½ teaspoon crushed red chile flakes
- 3 tablespoons chopped parsley roughly
- 4 teaspoons fresh lemon juice

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 110 milligrams
4. Fat: 28 grams
5. Fiber: 3 grams
6. Protein: 60 grams
7. SaturatedFat: 5 grams
8. Sodium: 980 milligrams

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