Dinner, Mediterranean

Swordfish Rolls with Eggplant and Tomato

Sicilian-style rolls of thin swordfish wrapped around tender eggplant, simmered in a garlicky tomato sauce scented with basil and pine nuts.



Gluten free

40 min	240	14 g	7 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 med eggplant (sliced lengthwise into paper-thin slices)
- [ ] 2 sprays, 0.50 g nonstick cooking spray
- [ ] 1 tbsp extra virgin olive oil
- [ ] 2 clove garlic (minced)
- [ ] 1 cup canned diced tomatoes (no salt added)
- [ ] 1 cup canned diced tomatoes (strained)
- [ ] 2 tbsp basil (freshly chopped)
- [ ] 2 tbsp pine nuts
- [ ] 1/2 tsp sea salt (divided)
- [ ] 1/8 tsp black pepper
- [ ] 1/8 tsp crushed red pepper flakes
- [ ] 12 oz swordfish (boneless, divided into 2 fillets)

Nutrition Facts

Per serving

Calories	240
Total fat	12 g
Saturated fat	2 g
Sodium	380 mg
Total carbs	14 g
Fiber	6 g
Total sugars	7 g
Protein	20 g

Method

- [ ] 1 Preheat the broiler. Arrange the eggplant slices on a baking sheet, mist lightly with nonstick cooking spray, and cook a few minutes until tender and cooked through, then set aside.
- [ ] 2 Warm the extra virgin olive oil in a large skillet over medium heat. Add the minced garlic and cook just until fragrant, without letting it brown. Stir in the canned diced tomatoes with no salt added, the strained canned diced tomatoes, freshly chopped basil, pine nuts, 1/4 tsp sea salt, black pepper, and crushed red pepper flakes. Cover, reduce the heat to low, and simmer for 5 minutes.
- [ ] 3 Lay the swordfish fillets on a large piece of wax paper, cover with another piece, and pound with a flat-edged meat hammer until very thin, about 1/4 inch, checking occasionally that the fish is not tearing. Cut each piece in half to make 4 pieces.
- [ ] 4 Cover each piece of fish with thin layers of the eggplant slices, reserving any extra slices for garnish. Roll up each piece from the wide end so the fish fully encloses the eggplant, and secure with toothpicks or skewers. Carefully add the rolls to the simmering sauce, cover, and cook for 10-15 minutes, turning once, until the fish is cooked through.
- [ ] 5 Transfer the rolls to a serving platter and remove the toothpicks or skewers. Spoon the remaining sauce over the top, season with the remaining 1/4 tsp sea salt if desired, and serve the reserved eggplant slices alongside.

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