



Swordfish with Chilli, Garlic & Lemon

I created this recipe inspired by the simple flavours in Lucio Galletto's 'Galletto alla Diavola' (devil's spatchcock): garlic, chilli, olive oil and lemon. They're great seasonings for any seafood, meat or vegetables, so use this recipe as a starting point for your own inspirations.

Serves 2



INGREDIENTS

- 1 x 300g swordfish steak (10½oz)
- 1 lemon
- 2 cloves garlic, crushed
- ½ teaspoon dried chilli flakes, more or less to taste
- 1 teaspoon salt flakes, crushed
- 2 tablespoons extra virgin olive oil (40ml)
- Insalata Rossa, for serving
- Crusty bread rolls, for serving

METHOD

1. Remove fish from the fridge 30–60 minutes before cooking and pat dry.
2. Finely grate the zest of the lemon into a baking dish.
3. Add garlic, chilli and salt to the baking dish with 1 tablespoon (20ml) of the lemon juice and stir to dissolve salt, stir in oil to make a marinade (use remaining lemon juice for another purpose).
4. Place fish in the baking dish and gently rub the marinade all over it, ensuring it's well coated – it's a bit messy but this is best done with your hands.
5. Cover and set aside in a cool place for 30–60 minutes.
6. Meanwhile, preheat oven to 180°C (355°F).
7. Place baking dish in the oven for about 10 minutes, depending on thickness of the fish and how rare you'd like it cooked.
8. Remove from oven and set aside for a couple of minutes.
9. Place salad on a serving platter.
10. Slice swordfish, arrange on top and drizzle with any pan juices.
11. Serve with crusty bread rolls on the side.