

Sicilian tomato sauce with fish & olives

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Preparation 15 mins | Cooking 20 mins | Serves 4

- 2 tbs extra virgin olive oil (+ extra to serve)
- 1 small red onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 kg plump cherry tomatoes, halved
- ½ cup Sicilian olives
- 1 tbs lemon juice
- 4 x 175g swordfish steaks or firm white fish fillets
- Basil leaves, lemon wedges and crusty bread, to serve

STEP 1 Heat 1 tbs oil in a deep frying pan and over medium-high heat. Add onion and garlic and cook, stirring often, for 3-4 minutes until tender. Add tomatoes and cook, stirring often, over medium heat for 10-12 minutes or until tomatoes soften. Stir in olives and lemon juice. Season with salt and pepper to taste.

STEP 2 In the last 5 minutes of cooking the tomato sauce, heat the remaining 1 tbs oil in a large non-stick frying pan over medium-high heat. Add fish and cook for 3 minutes on each side or until cooked to your liking.

STEP 3 Spoon tomato sauce into shallow serving bowls. Top with fish. Drizzle with extra virgin olive oil. Scatter with basil. Serve with lemon wedges and crusty bread.

Good for you... **TOMATOES**

Tomatoes are the richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content.

