

# Herb Baked Swordfish

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## Ingredients

4 swordfish steaks, skin removed	1 lemon, sliced
Salt and fresh black pepper	4 tbsp chopped fresh parsley
2 tbsp extra virgin olive oil, plus extra	1 tbsp chopped mint
1 fennel bulb, thinly sliced	2 tsp finely chopped rosemary
4 ripe tomatoes, sliced	1 tsp chopped thyme
	1/2 cup dry white wine

## Directions

Preheat the oven to 350°. Season the swordfish with salt and pepper. Lightly oil a large baking dish. Spread the fennel in the dish and season with salt and pepper.

Place the swordfish in the dish in a single layer. Top with the tomato and lemon. Mix the parsley, mint, rosemary, and thyme together and sprinkle over the fish. Pour the wine and oil over the fish. Cover with aluminum foil.

Bake for 15-20 minutes, or until the fish look opaque when flaked with a fork. Serve immediately with juices. Can substitute tuna.

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