

Lemon & Herb Linguine with Swordfish & Walnuts

Ingredients

3/4 cup Walnuts, chopped
1 lb Linguine
1/3 cup Olive Oil
4 cloves Garlic, minced
1 lb Swordfish loin, cut into serving size pieces (try also Tuna or Salmon)
2 tsp grated Lemon Zest
2 tsp Lemon Juice
3/4 tsp Salt
1/2 tsp Black Pepper
1/2 cup Mixed chopped fresh herbs, such as parsley, chives, thyme, etc.

Directions

Toast walnuts in small frying pan for 5 minutes or in oven at 350° for 5-10 minutes. Cook linguine as specified by directions on box. Drain.

Meanwhile, in a large frying pan, heat olive oil over moderate heat. Add garlic and cook, stirring, for 1 minute. Season swordfish with salt & pepper. Sear swordfish for 10-15 minutes until opaque. Remove from heat & slice fish into pieces.

Toss linguine with lemon zest, lemon juice, salt, pepper, herbs, toasted walnuts. Fold in swordfish into pasta and serve.

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