



WHATSheATE



Linguine Piccole with Grilled Swordfish and Parsley Anchovy Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



514 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 fillet flat anchovy
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 0.5 teaspoon juice of lemon
- ☐ 0.5 pound pasta such as linguine piccole or linguine fini thin
- ☐ 0.5 cup olive oil
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 2 tablespoons red-wine vinegar

- ☐ 0.8 teaspoon salt
- ☐ 1 small shallots peeled chopped
- ☐ 1 pound swordfish steak
- ☐ 2 tablespoons water hot

Equipment

- ☐ pot
- ☐ blender
- ☐ grill
- ☐ broiler
- ☐ grill pan

Directions

- ☐ In a blender, combine the shallot, anchovies, vinegar, lemon juice, Parmesan, 1/2 teaspoon of the salt, and 1/4 teaspoon of the pepper. Blend to form a paste. While the machine is running, add the 1/2 cup oil in a thin stream and then add the hot water.
- ☐ Heat the broiler or a grill pan, or light the grill. Coat the swordfish with the 1 teaspoon oil and sprinkle with the remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Cook the fish for 4 minutes. Turn and cook until golden brown and just done, 4 to 5 minutes longer.
- ☐ Let the fish rest for a few minutes and then cut it into bite-size pieces.
- ☐ In a large pot of boiling, salted water, cook the linguine piccole until just done, about 9 minutes. Reserve about 1/2 cup of the pasta water.
- ☐ Drain the pasta and toss with the sauce, the swordfish, 1/4 cup of the reserved pasta water, and the parsley. If the sauce seems too thick, add more of the reserved water.
- ☐ Drain one 6-ounce can of tuna packed in oil. Flake the tuna and toss it with the drained pasta in place of the swordfish.
- ☐ Wine Recommendation: A dry ros wine would go nicely with the anchovy sauce. Look for a bottle from either Provence in France or, if you're feeling adventurous, Navarre in Spain.

Nutrition Facts



 **PROTEIN 25.43%**  **FAT 40.74%**  **CARBS 33.83%**

Properties

Glycemic Index:34.5, Glycemic Load:17.12, Inflammation Score:-6, Nutrition Score:22.818695869135%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 514.09kcal (25.7%), Fat: 23.08g (35.51%), Saturated Fat: 8.34g (52.14%), Carbohydrates: 43.12g (14.37%), Net Carbohydrates: 41.05g (14.93%), Sugar: 1.6g (1.78%), Cholesterol: 75.06mg (25.02%), Sodium: 532.73mg (23.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.41g (64.82%), Selenium: 66.89µg (95.55%), Vitamin K: 90.03µg (85.75%), Zinc: 6.87mg (45.83%), Vitamin B3: 7.71mg (38.57%), Vitamin B12: 1.95µg (32.48%), Phosphorus: 296.71mg (29.67%), Manganese: 0.57mg (28.66%), Vitamin B6: 0.55mg (27.59%), Vitamin B2: 0.34mg (19.78%), Iron: 3.37mg (18.75%), Magnesium: 61.18mg (15.3%), Potassium: 501.47mg (14.33%), Copper: 0.28mg (14.19%), Vitamin B1: 0.16mg (10.73%), Vitamin A: 466.89IU (9.34%), Vitamin C: 7.16mg (8.68%), Fiber: 2.08g (8.31%), Vitamin E: 0.94mg (6.27%), Folate: 22.97µg (5.74%), Calcium: 52.6mg (5.26%), Vitamin B5: 0.33mg (3.25%)