



Pesce spada steccato e grigliato (Griddled garlic & mint studded swordfish)



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tuna steaks thick
- ☐ 200 ml cooking wine dry white
- ☐ 2 tbsp citrus champagne vinegar
- ☐ 2 garlic cloves
- ☐ 16 mint leaves fresh
- ☐ 2 tbsp olive oil extra-virgin for serving
- ☐ 1 leaf flat parsley fresh finely chopped

☐ 2 lemons organic quartered

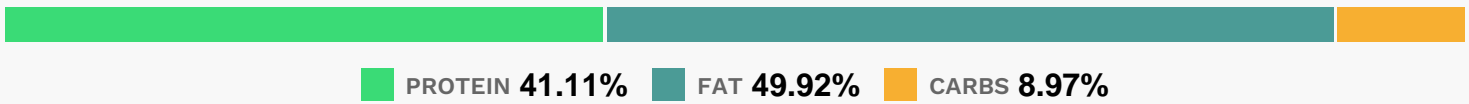
Equipment

- ☐ frying pan
- ☐ knife
- ☐ kitchen towels

Directions

- ☐ Wash the fish steaks and pat dry with kitchen towels. Rub with pepper on both sides, but do not salt as it would draw out the juices. Marinate for an hour in the wine and vinegar.
- ☐ Meanwhile, peel the garlic cloves, cut in half and remove any green shoots in the centre that can taste bitter.
- ☐ Cut each half in four, so you end up with 16 slivers.
- ☐ Heat a heavy ridged griddle pan on the hob.
- ☐ Remove the fish from the marinade, pat dry and make 4 well distributed small incisions in each steak with a sharp knife. Wrap a mint leaf round a garlic sliver and insert one into each of the incisions.
- ☐ Brush one side of each fish steak with olive oil, place oiled side down on the griddle, turn down the heat and cook for 3 minutes.
- ☐ Brush the second side with oil while it is on the griddle, then turn the fish over. Turn the heat up for one minute only, then turn it down again and cook the second side for another minute or two. When the fish is cooked it should be moist inside, with white flesh that flakes easily.
- ☐ Take the fish off the heat and season both sides, drizzle with olive oil, scatter with the herbs and serve with the lemons to squeeze over.

Nutrition Facts



Properties

Glycemic Index:25.63, Glycemic Load:1.24, Inflammation Score:-7, Nutrition Score:26.35565227011%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Eriodictyol: 12.77mg, Eriodictyol: 12.77mg, Eriodictyol: 12.77mg, Eriodictyol: 12.77mg Hesperetin: 15.68mg, Hesperetin: 15.68mg, Hesperetin: 15.68mg, Hesperetin: 15.68mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 370.47kcal (18.52%), Fat: 18.51g (28.48%), Saturated Fat: 3.72g (23.26%), Carbohydrates: 7.48g (2.49%), Net Carbohydrates: 5.61g (2.04%), Sugar: 1.85g (2.06%), Cholesterol: 112.2mg (37.4%), Sodium: 143.69mg (6.25%), Alcohol: 5.22g (100%), Alcohol %: 2.25% (100%), Protein: 34.31g (68.61%), Vitamin D: 23.63µg (157.53%), Selenium: 98.06µg (140.09%), Vitamin B3: 13.38mg (66.91%), Vitamin B6: 1.02mg (50.78%), Vitamin B12: 2.89µg (48.17%), Phosphorus: 457.23mg (45.72%), Vitamin C: 30.73mg (37.25%), Vitamin E: 4.53mg (30.17%), Potassium: 854.27mg (24.41%), Magnesium: 62.69mg (15.67%), Vitamin B1: 0.16mg (10.54%), Zinc: 1.28mg (8.55%), Manganese: 0.17mg (8.51%), Vitamin K: 8.71µg (8.3%), Vitamin A: 406.99IU (8.14%), Iron: 1.42mg (7.91%), Fiber: 1.87g (7.49%), Vitamin B5: 0.74mg (7.44%), Vitamin B2: 0.12mg (7.12%), Copper: 0.11mg (5.35%), Calcium: 40.4mg (4.04%), Folate: 14.83µg (3.71%)