

DINNER

Swordfish Involtini Messinese

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$6.95	673 kcal

Swordfish Involtini Messinese requires around 45 minutes from start to finish. This recipe serves 4. For \$6.95 per serving, this recipe covers 43% of your daily requirements of vitamins and minerals. One serving contains 695 calories, 51g of protein, and 35g of fat. Only a few people really liked th...

Ingredients

- ☐ 1 cup bread crumbs
- ☐ 2 tablespoons currants plus 1/4 cup
- ☐ 1 medium Spanish onion, chopped into 1/8-inch dice
- ☐ 1/2 cup parsley leaves
- ☐ 2 salted anchovies, rinsed and filleted
- ☐ 4 tablespoons virgin olive oil
- ☐ 2 tablespoons hot chilies
- ☐ 1/4 cup Sicilian black olives
- ☐ 2 Zest of oranges
- ☐ 2 tablespoons pine nuts, plus 1/4 cup
- ☐ 2 pounds slices swordfish, each about 1/4-inch thick (about
- ☐ 1/2 cup white wine

EQUIPMENT Frying pan, Sauce pan, Oven, Toothpicks, Aluminum foil, Wax paper

Method

- 1

Preheat oven to 450 F.
- 2

Flatten each piece of swordfish between sheets of oiled wax paper or aluminum foil until 1/8-inch thick and lay out on a cool surface.

- 3 In a 12- to 14-inch saute pan, heat 4 tablespoons olive oil until smoking and add Spanish onion, anchovies, 2 tablespoons pine nuts, and 2 tablespoons currants. Cook until onion has softened and lightly browned and add orange zest and bread crumbs. Cook 5 minutes more until crumbs have toasted, remove from heat and allow to cool.
- 4 Add parsley and stir through. Divide the crumb mixture among the swordfish pieces and roll up like a jelly roll and secure it with a toothpick.
- 5 In a 2 quart saucepan, stir together tomato sauce, remaining pine nuts, currants, Sicilian olives, hot chilies and white wine and bring to a boil.
- 6 Pour sauce into an oven-proof earthenware dish and arrange involtini over and in sauce.
- 7 Place in oven and bake 25 minutes, until fish is cooked through.
- 8 Remove and allow to rest 10 minutes before serving.

Nutrition per serving

	673 KCAL	50 g PROTEIN	35 g FAT	32 g CARBS
Saturated Fat				6.3 g · 40% of daily needs
Fibre				3.5 g · 14% of daily needs
Sugar				8.5 g · 9% of daily needs
Sodium				674 mg · 29% of daily needs
Cholesterol				150 mg · 50% of daily needs
Vitamin C				31.3 mg · 38% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/swordfish-involtini-messinese-148206](https://www.whatsheate.com/swordfish-involtini-messinese-148206)