



## **Mediterranean Swordfish Wrapped in Prosciutto**

Olive Oil

4 – 4 to 5 oz pieces of Fresh Swordfish

¼ Pound Prosciutto Slices (very thin)

½ Cup Mandarin Oranges

¼ Cup Raisins

2 Fennel Bulbs

½ cup pimento Olives (sliced in half)

6 Anchovy Filets, finely chopped

10 Fresh Basil Leaves, chopped in strips

2 TBL Red Wine Vinegar

1 TBL Fennel Seed

Micro Greens

6 Tear Drop Tomatoes – Halved

¼ Cup Olive Oil

Pre Heat Oven to 375 degrees

Lightly Oil Swordfish all over and season with salt and pepper. Lay Prosciutto out on waxed paper. Lay Swordfish on top and roll down to wrap it. Sear the Swordfish on all sides until the Prosciutto begins to get crispy. About 5 minutes per side. Transfer to the oven and bake for approximately 10 minutes or until the fish is opaque and feel firm with a little spring when poked.

Place the Oranges and Raisins in a mixing bowl so that the raisins will plump from the juice of the oranges. Trim the stalks from the fennel bulbs and remove the outer leaves. Cut the fennel bulb in half lengthwise, trim the base, and remove the core. Slice the fennel into thin strips. Add all the fennel to the oranges and raisins. Add the olives, anchovies, vinegar, oil, basil, and fennel seeds. Toss gently to mix and season to taste with salt and pepper.

To Plate: Place a spoon of the salad in the middle of the plate. Place Swordfish on top and drizzle with Garlic Oil Drizzle. Garnish with Micro Greens and Tear Drop Tomatoes.