



Seared Swordfish with Toasted Fennel Seed Vinaigrette and Goat Cheese-Stuffed Tomatoes

Prep Time: 15-30 minutes Calories Per Serving: 570
Cook Time: 25-35 minutes Serves: 2 people

Fennel seeds are the small, brownish seeds from which fennel bulbs grow. They have an earthy taste with notes of licorice, and are used ground or whole. Toasted fennel seeds and red wine vinegar are the main components in the Italian-inspired vinaigrette that tops this swordfish, lending crunch as well as flavor.

USDA recommends cooking fish to 145° F.



1. Prepare Ingredients

Preheat oven to 375°F. Rinse **swordfish** and pat dry with paper towel. Rinse **tomatoes**, slice off and reserve top quarters, and scoop out and discard seeds. Peel **shallot** and mince. Rinse **parsley** and **mint** and roughly chop leaves, discarding stems. Mince **garlic**.



2. Make Tomato Stuffing

Place **almonds** in a medium pan over medium heat. Toast, stirring occasionally, until golden and fragrant, about 3 minutes. Remove from pan and roughly chop. In a medium bowl, combine **almonds**, **shallot**, **parsley**, **mint**, and **goat cheese**. Taste and add **salt** and **pepper** as needed.



3. Stuff and Bake Tomatoes

Place **tomatoes** on a baking sheet. Spoon **stuffing** evenly among tomatoes, then sprinkle over **pecorino**. Arrange **tomato tops** alongside. Drizzle **1 tablespoon olive oil** over everything. Bake until tomatoes are tender and tops are light golden, 12-15 minutes.



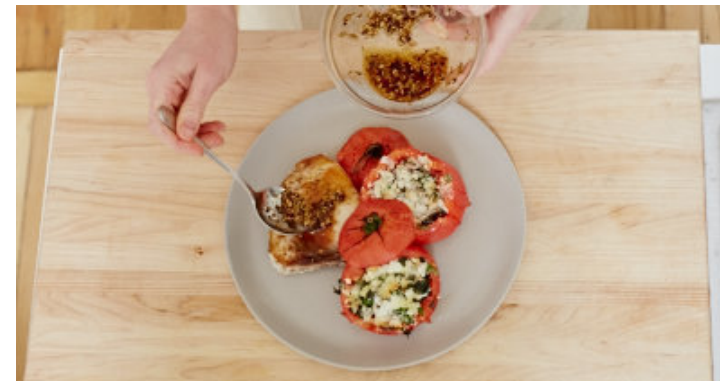
4. Cook Swordfish

While tomatoes bake, add **1 tablespoon olive oil** to pan from almonds over medium-high heat. Season swordfish on both sides with **salt** and **pepper**. When oil is shimmering, add **swordfish** and cook until golden on both sides and a small knife inserted meets no resistance, 2-3 minutes for thinner fillets (less than 1 inch), 4-5 minutes for thicker fillets (thicker than 1 inch). Remove from pan and set aside.



5. Make Vinaigrette

Wipe pan from swordfish clean and add **1½ tablespoons olive oil** over medium heat. When oil is shimmering, add **garlic**, **fennel seed**, and as much **crushed red pepper** as desired. Cook, stirring, until garlic is fragrant and fennel seeds are popping, 1-2 minutes. Transfer to a small bowl and stir in red wine vinegar. Taste and add **salt** and **pepper** as needed.



6. Plate Swordfish

Divide **swordfish** and **stuffed tomatoes** evenly between 2 plates. Spoon **vinaigrette** over fish and serve.

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Q- RECIPE TIPS

Be sure to read through the entire recipe before you begin cooking. Trust us-- you'll be glad you did!

If the weight of the stuffing makes your tomatoes tip over, carefully slice off just enough of the bottoms to help them sit flat (without cutting through the flesh). But don't cry over spilled tomatoes! A fallen one will taste just as great.

Q- INGREDIENTS

- 2 fillets swordfish
- 4 beefsteak tomatoes
- 1 shallot
- ⅓ bunch parsley
- ⅓ bunch mint
- 1 clove garlic
- 2 tablespoons slivered almonds
- 2 ounces crumbled goat cheese
- 1½ tablespoons grated pecorino cheese
- ½ tablespoon fennel seed
- ⅛ teaspoon crushed red pepper (optional)
- 1 tablespoon red wine vinegar

🔪- YOU'LL NEED

- medium pan
- baking sheet
- 3½ tablespoons olive oil
- kosher salt
- black pepper

Questions or comments? Please email help@plated.com or call 855-525-2399.