

Swordfish with Peppers and Grilled Garlic Bread

*This recipe was provided courtesy of local cookbook author and chef, Carla Snyder. Learn more about Carla and discover her recipes at Ravenouskitchen.com or in her cookbook, *One Pan Whole Family*.*

Start-to-Finish: 45 minutes

Hands-on Time: 30 minutes

Serves 4

Ingredients

- 5 cloves garlic
- 1 red onion
- 1 red bell pepper
- 1 yellow bell pepper
- 1 green bell pepper
- 2 large tomatoes
- 2 teaspoons chopped fresh thyme
- 1/4 cup + 3 tbsp. olive oil
- 1/2 teaspoon salt + more for sprinkling
- 1 teaspoon paprika
- Freshly-ground black pepper
- 4- 6 oz. swordfish steaks, about 1-in thick
- 8 slices country-style bread, sliced



Directions

1. Preheat the grill to medium-high heat.
2. On a large cutting board, chop the garlic and transfer it to a small bowl. Thinly slice the onion and peppers and transfer them to a medium bowl. Dice the tomatoes and chop the thyme separately.
3. To make the garlic oil, heat a 12-inch skillet over medium-high heat and add 1/4 cup oil and half the garlic. Heat until fragrant, about 2 minutes. Transfer to a heat-proof bowl.
4. Return the skillet to medium-high heat and add 2 tablespoons of the oil. When the oil shimmers, add the onion and peppers and 1/2 teaspoon salt and sauté, stirring every now and then for 4 minutes or until they soften. Add the remaining garlic, paprika and tomatoes and stir and cook until the juices evaporate and the mixture is jammy, about 3 or 4 minutes. Taste and season with pepper and more salt if it needs it.
5. Pat the fish dry and season both sides with a sprinkle of salt, a few grinds of pepper and thyme. Drizzle both sides with the remaining 1 tablespoon olive oil.
6. Grill the fish directly over the heat, turning once, just until cooked through, about 4 minutes on the first side and 3 minutes on the second side depending on the thickness of the fish and heat of the grill. Grill fish until it feels firm when pressed, flakes or reaches an internal temperature of 145°F.
7. Meanwhile, brush the bread with the garlicky oil, a sprinkle of salt and pepper. Place bread on the grill, oiled side down and grill on both sides until golden, about 2 or 3 minutes total. Transfer to a plate.
8. Divide the bread and swordfish between heated plates and spoon the pepper mixture over the top. Serve hot.

Extra Hungry Kids? Wrap canned sliced potatoes in foil packets with butter, seasoning and a sprinkle of cheese. Grill with the fish until warm.

Adult Taste Buds? Add chopped Kalamata olives and capers to the adult portions of peppers.

In the Glass: The vegetables here dictate a light red wine such as Pinot Noir. It can be hard to find a good one under \$20 but La Crema Pinot Noir could be just the bottle you're looking for.