



### **Swordfish and Pasta**

1/2 lb. Swordfish

6 oz. Cannellini Beans

1 Yukon Gold Potato

12 oz. Can Chopped Tomatoes

3 oz. Yellow Onions

1 oz. Lemon Juice

8 oz. Rotelle Pasta

1 Tbsp. Capers

3 oz. Parsley

2 oz. Olive Oil

2 oz. Finely Chopped Garlic

8 oz. Spaghetti

3 oz. Chopped Parsley

3 oz. Olive Oil

### **Preparation:**

Boil pasta 8-10 minutes and set aside. In a pan, sear seasoned swordfish 2-3 minutes on each side. In a separate pan, sauté onions until they are clear. Add tomatoes, beans and thinly sliced potato and cook 4-5 minutes.

Add swordfish to pan and cook an additional 3-5 minutes until the fish is flaky.

Add pasta to pan and cook 2-3 minutes. Add parsley and capers. Serve.

**(NOTE: Prep times can vary by equipment. Be sure to check that meat is fully cooked.)**

