

# Grilled Swordfish with Tomatoes & Herbs



**Serves 4    Prep 5 mins**

**Cooking 20 mins**

**Easy**

## **Ingredients**

2 swordfish steaks

600g cherry vine tomatoes

1 red onion, cut into 8 wedges and layers separated.

15g fresh oregano

15g fresh lemon thyme

40ml olive oil

20ml balsamic vinegar

1 lemon, zested and juiced

1 handful fresh parsley

1. Put the tomatoes, onion and herb sprigs to a baking tray. Drizzle over the oil and balsamic vinegar, and season. Roast for about 25 mins until the tomatoes are splitting and the onions are beginning to char.
2. When the roasted vegetables have about 6 minutes to go, put the swordfish into a hot frying pan and fry for about 3 minutes each side.
3. To serve, grate lemon zest and squeeze lemon juice over each one, and scatter some parsley.