

Perfect Pairings: Swordfish Niçoise & a Provençal Rosé!

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Serves: 2

Ingredients

- 2 Swordfish steaks
- 4 Tablespoons olive oil
- 1 teaspoon Herbes de Provence
- 1 teaspoon fresh thyme, chopped
- 1 teaspoon fresh rosemary, chopped
- 2 shallots, chopped
- 2 cloves of garlic, chopped
- 1/2 cup pitted oil-cured, black or Niçoise olives, roughly chopped
- 2 Tablespoons capers, drained and roughly chopped
- 3 ripe red tomatoes, chopped
- 1/2 cup dry rosé wine
- Kosher salt & freshly ground black pepper

Instructions

1.) Combine 2 Tablespoons olive oil, thyme and rosemary in a glass baking dish. Place the swordfish steaks in the mixture and turn to coat on both sides. Marinate the steaks in the olive oil and herb mixture at room temperature for one hour.
2.) Heat remaining 2 Tablespoons of olive oil in a frying pan over medium heat. Add shallots and garlic and saute until softened but not browned, 5 minutes. Add tomatoes, olives, capers, Herbes de Provence and wine and stir to combine. Bring to a boil, then cover and reduce heat and simmer for approximately 10-15 minutes. Season sauce to taste with Kosher salt and black pepper.
3.) Heat grill pan or outdoor grill over medium-high heat. Season swordfish steaks on both sides with Kosher salt and black pepper and grill until medium-rare, approximately 4-5 minutes a side depending on the thickness of the steaks.
4.) Plate steaks and top with Niçoise sauce. Serve immediately with a glass of chilled Provençal Rosé.

