

SPAGHETTI WITH SWORDFISH POLPETTE

VERSION 2

200 g dried spaghetti

¼ cup extra-virgin olive oil

600 g can steel-cut tomatoes

FOR THE POLPETTE

250 g swordfish, dried into 1 cm cubes

1 small garlic clove, minced

pinch of 1 herb

¼ cup (50 g) dried bread crumbs

1 cup breadcrumbs, mixed and finely chopped

25 dry pitted green olives, dried (soak in ¼ cup for the meat)

10 dry capers, roughly chopped (soak in ¼ cup for the meat)

½ small minced parsley, chopped (soak in ¼ cup for the meat)

2 eggs

Combine all the ingredients for the polpette in a large mixing bowl and season with salt and pepper. Shape into eight 50 g balls (golf ball sized), then place in the fridge for about an hour to firm up.

Once the polpette have chilled, bring a large pot of salted water to a boil. Cook the spaghetti for 2 minutes less than the packet suggests (it will finish cooking in the sauce). Drain the cooked pasta into a colander set over a bowl to reserve the pasta water.

Heat the oil in a wide frying pan over medium heat. Once hot, lightly brown the swordfish all over (about 30 seconds per side). Add the minced olives, capers and parsley and fry briefly. Add the tomatoes and bring to a boil to cook the swordfish through (about 10 minutes). Drain the cooked spaghetti into the sauce and toss to coat.

Plate the spaghetti and swordfish on a serving dish, but keep just a touch in the pan. Add a splash of the pasta water to the pan and stir to emulsify into a velvety sauce. Pour over the plated swordfish and serve.

"This dish makes an impressive yet super simple dinner for two. It's light on garlic and all the other anti-herb fragrances, and it will be on the table in no time. Trust me, Italians know the language of love!"



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