ITALIAN · LUNCH · DINNER

Involtini di Pesce Spada (Sicilian Stuffed Swordfish Rolls)

Involtini di pesce spada alla siciliana

35 min · Serves 4 · 289 kcal a serve · Video 7:23 in Italian · Speziata

Pescatarian · No nuts listed

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22 g protein and 14 g net carbs a serve: thin swordfish slices rolled round a small amount of bread, caper and olive filling and baked rather than fried; swordfish is rich in selenium and vitamin B12.

Diet notes: Low saturated fat (3.1 g, 9.6% of the energy).

Ingredients 10 · SERVES 4

- [ ] 400 g **swordfish**, skinned and sliced 2–3 mm thin
- [ ] 80 g **stale bread**
- [ ] 20 g **dry breadcrumbs**
- [ ] 10 g **ragusano cheese** (or caciocavallo or parmesan), grated
- [ ] 20 g **pitted green olives**
- [ ] 10 g **capers**, rinsed of their salt
- [ ] a little **fresh parsley**, plus more to serve
- [ ] extra **virgin olive oil**, for the filling, the dish and to serve (about 2 tbsp in all)
- [ ] a pinch of **salt**
- [ ] **black pepper**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Fish, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Skin the swordfish and cut it into very thin slices, 2–3 mm thick (a meat slicer or your fishmonger can do this). 0:45
2. Pound the slices lightly with a meat mallet so they are evenly thin, taking care as swordfish is delicate. 1:25
3. For the filling, blitz the stale bread in a food processor with the olives and the rinsed capers, then add the breadcrumbs, cheese and parsley and blitz again (or chop everything finely by hand). 1:51
4. Tip into a bowl, taste before adding salt (capers and olives are salty), then add pepper and a drizzle of olive oil and mix: it should be slightly moist but still crumbly. 2:43
5. Lay the slices out, cover them generously with filling, fold in the sides and roll them up without pressing too hard. 3:22
6. Salt lightly and set the rolls in an oiled baking dish. Drizzle with a little oil, sprinkle with a little leftover filling and bake at 200°C for about 10 minutes, using the grill setting for a golden top. 3:59
7. Serve hot with a drizzle of olive oil, some chopped parsley and a fresh green salad. 5:53

> **Tip** Rolls can be made a day ahead, covered and chilled, then baked just before serving. They also cook on a hot oiled griddle: about 1 minute a side, seam-side down first, then covered with foil to finish.

The method is a summary in our words, in English — the video (in Italian) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
289 kcal	22 g	15 g	1.1 g	15 g	570 mg
1,210 kJ	44% of a day	14 g net · 1 g sugars	4% of a day	3.1 g saturated	25% of a day
		5% of a day		20% of a day	

Energy from net carbs 20% · protein 32% · fat 48% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 113% · Vitamin D 66% · Vitamin B12 56% · Omega-3 45% · Vitamin K 32% · Vitamin B6 30% · Vitamin E 21%

Source of (10–19%) Potassium 10%

Recipe and video: Speziata (@speziata) on YouTube — youtube.com/watch?v=QlRn9MPH2Rc, published 16 November 2015. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/involtini-di-pesce-spada